The world's largest global newspaper
metro®
TORONTO • TUESDAY NOVEMBER 10 2009 metronews.ca

Seneca

TRANSFORM YOUR LIFE.

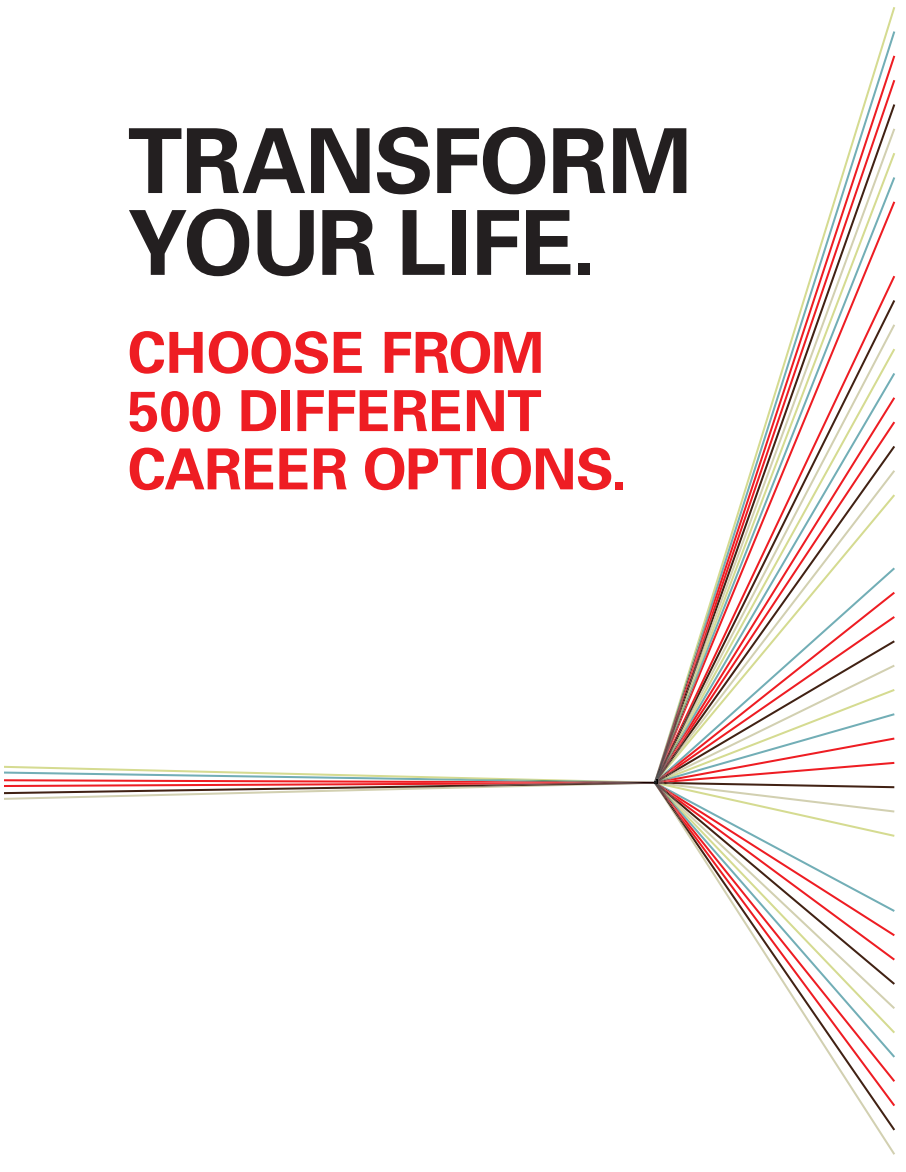
CHOOSE FROM 500 DIFFERENT CAREER OPTIONS.

APPLY NOW. CLASSES START JANUARY, MAY AND SEPTEMBER 2010.
www.senecacollege.ca
SENECA CHANGES YOU.

Seneca

TRANSFORM YOUR LIFE.

CHOOSE FROM 500 DIFFERENT CAREER OPTIONS.



Programs include:

APPLIED ARTS & HEALTH SCIENCES
Nursing (Collaborative Degree with York U)
Early Childhood Education
Child Development (Degree)
Social Service Worker
Police Foundations
911 & Emergency Services Communications
Environmental Landscape Management
Underwater Skills
Forensic Investigative Studies

APPLIED SCIENCE & ENGINEERING TECHNOLOGY
Flight (Degree)
Chemical Engineering Technology
Mechanical Engineering Technician
Environmental Site Remediation
Project Management: Environmental
Chemical Laboratory Technology - Pharmaceutical
Civil Engineering Technology
Control Systems Technology (Degree)
Computer Engineering Technology
Fire Protection Engineering Technology

BUSINESS
Financial Services Management (Degree)
Municipal and Corporate Administration (Degree)
Accounting
Marketing Management
Fashion Business
Human Resources Strategy and Technology (Degree)
General Business
International Business
International Transportation and Customs
Paralegal
Library and Information Technician
Tourism and Travel

INFORMATION ARTS & TECHNOLOGY
Graphic Design
Computer Programming and Analysis
Animation
Creative Advertising
Software Development (Degree)
Informatics and Security (Degree)
Media Fundamentals
Acting for Camera and Voice
Independent Illustration
Independent Music Production
Computer Networking and Technical Support

APPLY NOW. CLASSES START JANUARY, MAY AND SEPTEMBER 2010.

www.senecacollege.ca

SENECA CHANGES YOU.

2ND NHL TEAM IN T.O. OK WITH BURKE, PG 21

FRIDAY'S JACKPOT
Lotto MAX
$15 MILLION
estimated

The world's largest global newspaper
metro®
TORONTO • TUESDAY, NOVEMBER 10, 2009 metronews.ca

In Toronto, we use more blood than we give.
You can change that.
Call 1 888 2 DONATE
Canadian Blood Services
it's in you to give

Chimp attack victim to visit Oprah

TALK A woman who was mauled and blinded after a 200-pound (90-kilogram) chimpanzee attacked her in February is set to appear on The Oprah Winfrey Show tomorrow.

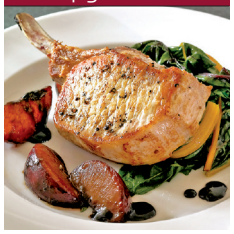
Chicago-based Harpo Productions said Charla Nash will discuss how she's adjusting, how she maintains her spirit, and what the future holds.

The chimpanzee named Travis went berserk when his owner asked Nash to help lure him back into her house in Stamford, Conn. The animal ripped off Nash's hands, nose, lips and eyelids.

THE ASSOCIATED PRESS

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Food pg 41



Traditional pork chops

On the web
Visit metronews.ca for news updates

NATHAN DENETTE/THE CANADIAN PRESS

George Smitherman, left, waves as he leaves Queen's Park yesterday with his husband, Christopher Peloso, after Smitherman confirmed he will resign as Ontario deputy premier to officially run for mayor of Toronto. More coverage, page 3.

'Larger than life'

Will Smitherman's 'Furious George' persona work as mayor?

George Smitherman's "Furious George" persona made him the perfect enforcer for his mild-mannered premier, but his abrasive approach may not be as welcome at city hall if he wins in his bid to become Toronto's next mayor.

Still, the government's self-described "attack poodle" says his straightforwardness, honesty and experience make him the best fit to run his city, a move that could signal a promising new start for one of Premier Dalton McGuinty's brightest stars.

"George was a larger-than-life kind of guy, all kinds of energy, all kinds of enthusiasm and he was just a very strong driver when it comes to bringing about reforms," said McGuinty.

While the Liberal leader said he regrets losing his deputy premier, he's proud to see him continue his career in public service.

"That passion is something in particular that was a really important characteristic."

What McGuinty calls passion others term volatility, part of Smitherman's mercurial nature and the key reason why former NDP leader Howard Hampton dubbed him "Furious George."

THE CANADIAN PRESS

Numerous blow-ups

• Former NDP leader Howard Hampton said the "Furious George" label stemmed from George Smitherman's numerous blow-ups with hospital boards and administrators while he was health minister — although that wasn't the only time he lived up to that name.

Cops step up search for missing teen girl

In an unprecedented move, Toronto police have expanded the scope of the investigation of missing 18-year-old Mariam Makhniashvili. They have assigned 60 detective constables from squads such as fraud, sex crimes and homicide to canvass about 6,000 homes in the midtown area where Mariam lived and went to school.

Missing

• Mariam Makhniashvili, above, disappeared Sept. 14 after walking to Forest Hill Collegiate with her brother. They parted ways outside the school and she never made it to class.

Police are hoping to find that elusive tip. For the next two or three weeks, plain-clothes officers will be knocking on doors near Bathurst Street and Eglinton Avenue West, targeting Shallmar Boulevard, where the family lives.

"You will expect a knock at your door and police will keep knocking at your door," Det. Sgt. Dan Nealon told a news conference. "We're also asking to be invited into your home just for a quick peek into areas of your home to ensure that there is no evidence ... and we can move on."

TORSTAR NEWS SERVICE

Fido Cares
We give you FidoDollars™ so you can get your next phone for less.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Learning that breathes new life into a career

A Continuing Education Success Story – Noel Panganiban had a few different jobs after he arrived in Canada 13 years ago. But he was looking for a career. To build on his nursing training from the Philippines, he started the Academic Pathway for Nurses Graduate Certificate in January 2006. "George Brown College's Continuing Education classes fit me perfectly," Noel says. "The campus was within walking distance of work, the school offered the courses I needed and the evening schedule was perfect for me since I was working full-time." He passed his board exam in February 2009 and now works as a registered nurse at Sunnybrook Hospital.

The Nursing certificates and courses offered in Continuing Education at George Brown excel in addressing the learning needs of practicing and aspiring nurses. The quality of these offerings is enhanced through our unique programs, specialized teachers and on-site and online instruction options as well as by sustaining strategic partnerships with practice, research, academic and business leaders in the community at large. We offer evening, weekend and some online classes in the following areas:

Academic Pathway for Nurses
Administration of Medications
Advanced Emergency Nursing
Bridge RPN to BScN
Cardiology Nursing
Forensic Nursing*
Maternal-newborn Nursing
Neuroscience Nursing
Nurse Educator*
Nurse Exam Review
Oncology Nursing
Professional Development for RNs and RPNs
Registered Practical Nursing Diploma Completion (Bridging from Certificate to Diploma Program)

For further details about the Nursing courses offered, go to coned.georgebrown.ca/nursing.

*Distance education only.

Find out how you can achieve your own success with your free George Brown College Continuing Education Course Guide.

Pick up your copy at Gateway Newstands in TTC and GO stations.

GEORGE BROWN COLLEGE

Register now for winter classes at
coned.georgebrown.ca

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

ScanLife

Local

Limit of 5 tokens as fare hike looms

The TTC has further limited the number of tokens riders will be able to buy before an anticipated fare increase goes into effect Jan. 3. Collectors will now sell no more than five tokens per customer to curtail stockpiling in advance of a proposed increase from $2.25 to $2.50 each. On Friday, the TTC said it would limit token sales to 10 per customer, but some collectors were already running low yesterday, so a steeper limit was implemented, said TTC spokesperson Danny Nicholson. THE CANADIAN PRESS

AWARDS
METRO INTERNATIONAL
NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

INDEX

Canada Pg 7
Comment Pg 12
World Pg 13
Business Pg 18
Sports Pg 21
Health & Beauty Pg 34
Food Pg 41
Celebrity Buzz Pg 51

Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

metronews.ca

WHAT'S ONLINE TODAY

Video More than 1,000 mourners attend a Manitoba funeral for college student who drowned last week at **metronews.ca/movies**

Blogs Fashion columnist Kenya Hunt picks a surprise contender for shoe of the season.

Lotteries

Ontario Pick 3: 7 0 3; **Ontario Pick 4** : 8 3 8 1
Encore: 9523445
Daily Keno: 5, 8, 13, 16, 22, 23, 28, 29, 34, 41, 44, 46, 48, 51, 52, 53, 58, 64, 66, 70.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Is it time for a showdown?

Mayoral race may shape up to be race between former political foes

The race for Toronto's next mayor is shaping up to be a showdown between two political foes who once battled it out in the Ontario legislature.

George Smitherman — Premier Dalton McGuinty's right-hand man and top enforcer — dropped out of cabinet yesterday to pursue a bid to be mayor, potentially pitting him against former Progressive Conservative leader John Tory.

Tory, a wealthy and well-connected political operative for former prime ministers Brian Mulroney and Kim Campbell, is mulling another shot at the city's top job after losing to David Miller in 2003.

Smitherman, who had been serving as energy and infrastructure minister, said he's taking the leap because his hometown needs him, not because he couldn't see a way to move up from being McGuinty's No. 2 man.

"Had I chose to remain, I think I have a very good future here," Smitherman said, adding that he's been given "extraordinary opportunities" in both the health and energy portfolios.

"But my city calls out. My city shows that it has a need to restore a sense of power to the office. And I think that I have the skills — a combination of experience, passion, energy and roots in the city that make me well-suited to this challenge."

But Tory could prove to be a challenge. A recent poll suggested about half of decided voters would vote for Tory, with Smitherman coming a distant second with about 20 per cent support.

Tory declined to comment yesterday on whether he'd throw his hat in the race, saying only that he's still giving it "serious consideration."

Instead, he invited his would-be rival on his afternoon talk radio show, which Smitherman accepted.

The ball is now in Tory's court to decide if he wants to run against him, Smitherman said. THE CANADIAN PRESS

TARA WALTON/TORSTAR NEWS SERVICE

John Tory, former leader for the Ontario Conservative party, hosts George Smitherman on his radio talk show, The Live Drive with John Tory on Newstalk 1010 yesterday.

He said, he said

The gloves may not have come off, but Toronto voters got a taste of what next year's mayor's race might look like as newly declared candidate George Smitherman appeared on John Tory's radio show.

Fresh from resigning from the provincial cabinet, Smitherman focused on his message that "as a son of the city," he is the best person to lead a Toronto that isn't living up to its potential. His interviewer: A man expected, though still undeclared, to be his chief rival for the job.

Most of the 30-minute program on NewsTalk 1010 was tense but polite, as the big-name politicians smiled at each other with gritted teeth.

"Happy to help boost your ratings," Smitherman said as he took a seat.

Tory shot right back, presenting his guest with a T-shirt that read: "The Live Drive with John Tory."

Smitherman tossed the shirt on the desk as photographers in the room goaded him to hold it up.

"I'm sure you'll wear it everywhere, won't you?" Tory joked.

The two men have often butted heads in the provincial legislature, and Smitherman once challenged Tory to run against him in the Toronto Centre-Rosedale riding, where both men live.

Tory didn't speak directly yesterday of his own ambitions for the mayor's seat. TORSTAR NEWS SERVICE

Hospital board members defending access to vaccine

Flu Outbreak

Hospital board members who received the scarce H1N1 vaccine defended their position at the head of the queue yesterday, even after the province's chief medical officer of health said they do not belong in the priority groups.

"I can't speak for the other board members, but I did feel that if the medical staff had made the decision that it was important for all of us who are in and out of the hospital to be safe … then it behooved us to listen to their safety caution," said Vicki Bismilla, vice-president at Centennial College, who received the shot as a member of The Scarborough Hospital's board of directors.

Mt. Sinai vice-chairman Edward Sonshine said he understands why some people are crying foul over the board member vaccinations.

"There's a natural resentment to that … everyone says it's a two-tiered system and I certainly understand that," said Sonshine, who did not get vaccinated by the hospital (he got his shot from a physician).

Sonshine said board members regularly visit the hospital, so he can see why they should receive the vaccine ahead of the general public.

Executives at a number of Toronto-area hospitals insisted yesterday board members are health-care workers, and they denied any queue jumping. TORSTAR NEWS SERVICE

"… I did feel that if medical staff had made the decision … then it behooved us to listen to their safety concerns."
Vicki Bismilla, VP Centennial College

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

west elm

celebrate our anniversary with us, get 10% off*
Liberty Village 109 Atlantic Ave. 416.537.0110
*see store for details

Cops seek potential sex offender

Police are searching for a potential sex offender after a man attempted to break into the downtown homes of two women early yesterday morning. The man attempted to break in to two homes through doors and windows, but was scared off both times by the female resident. TORSTAR NEWS SERVICE

No fare hike for Mississauga Transit

Suburban transit riders won't be taking the usual new year blow to the wallet in 2010.

As they continue to battle ridership lost to unemployment, two of the region's biggest bus systems, in Mississauga and York Region, are looking at freezing fares to stem ridership and revenue losses.

Unlike the TTC, which is considering a 15 per cent increase in the cost of a monthly pass in January, Mississauga Transit figures it has more to lose than gain by hiking prices. "If we increase fares we are likely to drive off ridership, so we actually won't get any more money," Mississauga Transit director Geoff Marinoff told his city's budget committee yesterday.

After two years of growth, Mississauga is forecasting total ridership this year at only the 2006 level — 29.1 million riders, down from 31.4 million last year. In reality, that's about three million lost rides: Two million are riders who left the system, and another million in expected additional rides didn't materialize, Marinoff said.

Although ridership seems to have stabilized since September, revenue projections are bleak.

Mississauga managed to take in half of its operating costs at the fare box this year, but expects to recover only 48 per cent in each of the next two years.

Transit costs Mississauga $4.14 per ride on average, compared with an average of just $1.83 per ride collected in fares. In part that's because Mississauga riders, like TTC patrons, are migrating to economical passes that lower the per-ride revenue.

TORSTAR NEWS SERVICE

Queen's Park **Fallen heroes honoured**

NATHAN DENETTE/THE CANADIAN PRESS

Mishelle Leigh Brown wipes tears yesterday in memory of her husband, Warrant Officer Dennis Raymond Brown, during a tribute to 15 fallen heroes at Queen's Park in Toronto.

Ukulele players coming out of the woodwork

MUSIC Toronto's secret ukulele players have discovered one another.

Every Wednesday night they gather at the Dominion on Queen, a pub in operation since 1889 on Queen Street East in Corktown.

"Is there anything that looks tricky?" co-host Steve McNie asks 75 or more players filling the main room, each holding a ukulele.

"Yes!" several reply at once. "E flat minor six."

"OK, everybody play D minor," McNie responds. "Sneak the little finger onto the second fret of the first string. Move everything up one fret — that's E flat minor six.

"It's a passing chord," he adds. "Don't play it if you don't want to."

McNie is leading the opening workshop portion of the Corktown Ukulele Jam, a fringe event fast gaining popularity.

RICK MADONIK/TORSTAR NEWS SERVICES

About 75 ukulele players assembled recently at the Dominion Tavern for a workshop/open mike event.

Usually, the session takes place in the rear room to smaller numbers but this night a three-piece gypsy band leads the assembly in Django Reinhardt songs.

The lights are low, the atmosphere thick with concentration. Violin, guitar and accordion players stand on a riser at the front as streetcars roll regularly past the windows.

"Keep those fingers bouncing on the fret boards," guitarist David Dunlap says, demonstrating a percussive strum. "If it's too wet there's no space between the chords."

The idea that solitary uke players across the city might be hankering to play together came to McNie last winter when he started bringing the childlike instrument to jam sessions with his friend David Newland. They were taking a break from their '80s cover band, the McFlies, when McNie said, "Maybe a larger group of people would be into doing this."

They built a website, torontoukes.com. They placed an ad online. They set Jan. 14 for their first meeting and more than 30 people showed up.

Weekly gatherings have continued since, with more than 200 people of all ages counting themselves members. TORSTAR NEWS SERVICE

Cops seeking suspects after teen shot leaving a party

CRIME Police are on the hunt for suspects after a 16-year-old Toronto boy was shot multiple times while leaving a birthday party early Sunday morning.

The incident happened at about 2:15 a.m. outside a rental hall near Progress and Midland avenues in Scarborough. The boy was shot several times in the groin and legs and remains in hospital with serious, but non-life-threatening injuries.

Police do not know why the boy was shot, but are treating the incident as an attempted murder investigation.

According to Det. Sgt. Rick Searl, the victim was shot in an outdoor parking lot while leaving the birthday party of a teenage girl Sunday morning. It is unclear what the relationship is between the victim and the birthday girl.

Police believe the victim called police himself.

Searl said very few party guests remained at the scene after the shooting, and added that, so far, witnesses have been less than forthcoming.

"This is a major issue for us at these after-hour parties," he said. "If they were there, then there were 400 of them in the bathroom at the time." TORSTAR NEWS SERVICE

Crime Stoppers

- Police ask anyone with information on the incident to call 416-808-4100 or Crime Stoppers at 416-222-8477.

Images of suspected fraudster released

Police have released images of a suited fraud suspect believed to have made off with thousands of dollars. On June 22, the man went to a bank in the Browns Line and Evans Avenue area. The man, who wore a dark suit, opened a trust account. He then renegotiated a homeowner's mortgage without their consent, obtaining $242,577. TORSTAR NEWS SERVICE

Tolls may aid region: Report

Congestion charges, also known as road tolls, could help make the Toronto-area economy more productive, says a new report on the city's competitiveness.

About 71 per cent of the region's population is dependent on the automobile. Not only is that costly for commuters, traffic tie-ups hurt the economy, says the Paris-based Organization for Economic Co-operation and Development.

Traffic delays represent "a direct hit on productivity, especially in certain economic sectors dependent on rapid delivery (e.g. retail, logistics and food)," says the 213-page review of the region's economy released yesterday during a global cities forum at the Toronto Convention Centre.

"A congestion charge has proven to be an effective tool for reducing traffic congestion in a variety of metropolitan regions."
Organization for Economic Co-Operation and Development

"A congestion charge has proven to be an effective tool for reducing traffic congestion in a variety of metropolitan regions," the report says, suggesting tolls could be used on the 400-series highways and other major arterial roads.

Mayor David Miller said he supports tolls being levied region-wide to raise money for expanding transit. But Metrolinx, the regional transit planning authority, has been wary about climbing on board.

"Metrolinx decided to look at its financing strategy in a couple more years, once it's started building — to prove to Torontonians and people in the region that we can build transit — and then look at financing the next wave," Miller said.

Tolling "will be something that has to be considered, as long as it's done on a regional basis. I think that's the way you have to look at that kind of issue, particularly because the congestion is often worse immediately outside Toronto than it is inside Toronto."

Between 1995 and 2005, the region posted lower growth in economic output and lagging labour productivity compared with other cities studied.

While the city has renowned educational and research institutions, that has not translated into positive economic indicators such as patents awarded and growth in high-tech employment, the report said. TORSTAR NEWS SERVICE

Empty schools could house other programs, group says

EDUCATION The number of schools slated to close in Ontario now sits at 172, with the fate of 163 more hanging in the balance, according to a new report released yesterday by People for Education.

Kidder

Instead of shutting schools down, consideration should be given to keeping some open and using the space to set up child, family and youth resources and programs, the advocacy group said.

"Children and families are like an eco-system. That health is connected to education, is connected to poverty, is connected to housing. That mental health is connected to youth engagement. Physical health affects kids' ability to succeed," said executive director Annie Kidder.

The report says as well as their traditional purpose, schools could become community hubs providing services such as daycare, parenting centres, community kitchens, public libraries and health clinics.

Enrolment is down primarily because of declining birth rates and people moving, Kidder said. TORSTAR NEWS SERVICE

®: Used by Amex Bank of Canada under license from American Express.

SIBLE

For us impossible is two letters too long.

americanexpress.ca/potential

Realize the potential™

Developers resist councillor's call for family-friendly units downtown

REAL ESTATE Downtown Toronto will turn into a child-free zone if apartment and condominium builders don't start including family-friendly units in their developments, says a downtown councillor.

But developers who turned up at City Hall last week attacked a proposal that would require 10 per cent of all units in large developments to have three or more bedrooms.

Coun. Adam Vaughan (Ward 20, Trinity-Spadina), who is leading the charge for more family housing, says downtown schools are emptying out as a wave of new development suited only to singles and couples is built.

Vaughan said it's healthy to have more children downtown, to make use of the schools, community centres and libraries that have already been built.

Last to sell

- Developers say that three-bedroom units are often the last to sell in apartment buildings — and including hard-to-sell units in buildings makes it harder to get financing.

While the downtown core's population has increased, the number of children could decline over time unless policy changes are made.

"The issue is in 25 years, if you don't build family housing now, I can guarantee you there'll be no children living in the downtown core," he said in an interview.

But developers say the 10 per cent family-unit proposal flies in the face of market forces.

Alan Vihant, of Concord Adex, told the planning and growth committee that the kind of unit proposed would have to sell for about $650,000 — and for that price, many families will opt to buy a house.

"There are many housing choices at this cost level, and there is little demand for families to live in a 1,200-square-foot condo unit that costs $650,000," he said. TORSTAR NEWS SERVICE

Sunnyside Park **One cold dare**

ANDREW WALLACE/TORSTAR NEWS SERVICE

Carol Devine, left, and Melanie Ostry paddleboard at Sunnyside Park. The pair are paddling as part of the Stephen Lewis Foundation's A Dare to Remember campaign, which encourages participants to take on various "dares" to raise money for AIDS support in Africa.

Keep the kids happy (and busy) while waiting for Santa Claus parade

If you want to be up close to Sunday's Santa Claus parade, you have to stake out your spot early. Help kids pass the time by packing soccer balls, or jump ropes and turn the closed street into a playground. The Ontario Association of Police Chiefs will also be handing out sidewalk chalk an hour and half before the parade's start of 12:30 p.m. TORSTAR NEWS SERVICE

Catholic trustee looks for a few good people

'Boot camp' being held for potential recruits

Thou shalt not charge taxpayers for a honeymoon in the Dominican Republic, sun lamps, personalized licence plates, Dairy Queen treats or booze from hotel mini-bars.

Those are the basics of being a school trustee.

Toronto Catholic Trustee Rob Davis — who joined the board after a much-publicized spending scandal in which some trustees charged the public for outrageous and inappropriate expenses — is holding a "boot camp" to give potential recruits some basic training on what it is like to be a part of the board.

He hopes to encourage a diverse group of people to get involved and get the board in better shape for next November's municipal election.

His flyer — sent out yesterday to ethnic, cultural and political groups, and parent councils — looks like an army recruitment ad.

Penny Boyce-Chester of the Greater Toronto Catholic Parent Network likes that parents and the wider Catholic community are being asked to participate. TORSTAR NEWS SERVICE

Saturday session

- Rob Davis can take 20 people for the free 3½-hour session at board headquarters on Nov. 21. If there is enough interest, he will hold a second session.
- Tomorrow, he is launching a website, www.trusteebootcamp.com.

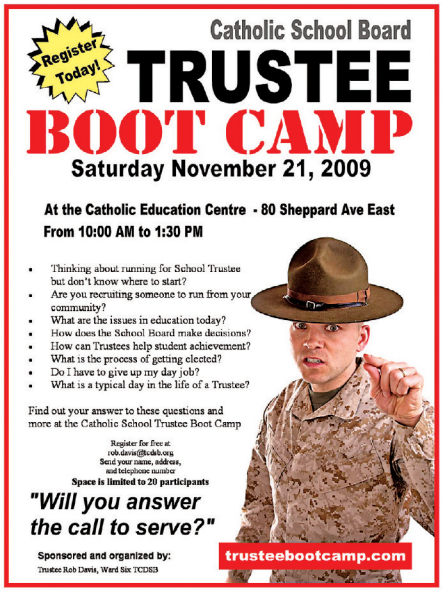


PHOTO SUBMITTED

Rob Davis' trustee poster.

U.S. urban affairs chief likes what he sees in T.O.

FORUM Adolfo Carrión Jr., 48, is U.S. President Barack Obama's director of the newly created White House Office of Urban Affairs.

The Manhattan-born Carrión is an urban planner by training who is making his first visit to Toronto to address a forum on global cities at the Metro Toronto Convention Centre.

When asked about his impressions of the city, he called it "beautiful."

"It is an interestingly diverse and international city. I sort of understood it on paper, but when you see the people in the streets, it is indeed a global city." Carrión hopes to return.

TORSTAR NEWS SERVICE

Count Me In **Keeping the archives bright**

PHOTO SUBMITTED

In the battle for energy conservation within Toronto's city limits, Ward 44 (Scarborough East) has emerged as the clear winner and, as a result, has earned an energy audit and retrofit worth $10,000 for its W.J. Morrish Building (Scarborough Archives). Ron Moeser, Ward 44 councillor, and Richard Schofield, local heritage consultant and architect, celebrate the win of Toronto Hydro's Count Me In Toronto Challenge.

Peel detective updates police handbook written by his father

When veteran Peel detective Des Rowland compiled a new handbook about police procedure in 1983, police officers never gave much thought to topics such as DNA, synthetic designer drugs, forensic crime scene preservation, cyber crime and fighting terrorism. But a lot has changed in the past 26 years.

Rowland's son, Peel Det. Stephen Rowland, following in his father's footsteps, spent a year revising the handbook with its original co-writer, former Mississauga Times crime reporter James Bailey. The fourth edition is now being used as a reference guide by rookies as well as seasoned officers, security officers and students taking law and police studies across Canada.

Nelson Education Ltd. of Toronto approached Rowland, 44, in 2006 to see if he could revise the third edition, which came out in 1999, about a year after his father died at 61 from pancreatic cancer.

Like his father, Rowland spent Saturday mornings with Bailey — reading each chapter, meticulously going over it page by page, deciding what needed to be revised and researched. He also sought advice from other police experts.

"My father finished the third edition in hospital just before he died in 1998, so he never saw the finished product," said Rowland, who's been 22 years on the job. "This was a labour of love for me and a way of showing respect for all of the work my father put into this project throughout his career."

As a tribute to his father, the fourth edition still carries Des Rowland's name as co-author along with Bailey, but also has "with Stephen Rowland" on its cover.

TORSTAR NEWS SERVICE

Manual

- The 336-page handbook is available from the publisher at www.thelawenforcementhandbook.nelson.com

Two of three killed in crash identified

The Cat Lake First Nation has identified two of the three men who were killed in a plane crash in a remote section of northwestern Ontario. Russell Wesley, who co-ordinated the band's search for the plane, said Ronald Ombash and Dean Meekis both died in the crash. THE CANADIAN PRESS

Canada

Manitoba stargazer remembered

More than 1,000 people filled a church yesterday to say goodbye to a young Manitoba woman who drowned in a North Dakota pond while she was out stargazing with friends. Pictures of a smiling Ashley Neufeld, left, along with several of her sports uniforms, adorned the altar of the church in her hometown of Brandon. One of her former coaches, Jim Nay, told mourners that Neufeld not only played with heart, but lived with heart as well. THE CANADIAN PRESS

Tories reclaim N.S. bastion

The Conservatives reclaimed a former stronghold in Nova Scotia in one of four federal byelections last night and were locked in a tight battle with the Bloc Québécois in a Quebec riding.

The Tories and Bloc were see-sawing for the lead in Montmagny-L'Islet-Kamouraska-Riviere du Loup in Quebec's lower St. Lawrence region.

The Bloc easily took another Quebec riding, more than doubling the NDP tally in Hochelaga in east-end Montreal.

In Nova Scotia, the Tories won Cumberland-Colchester-Musquodoboit Valley, easily fending off a challenge from the NDP.

The Conservatives had held the riding for years until 2008 when Bill Casey — punted from the Tory caucus over criticism of the 2007 federal budget — swept to victory as an independent.

Results were still pending from a fourth byelection in the British Columbia riding of New Westminster-Coquitlam by press time last night.

The Bloc Québécois also filed a police complaint over what the party described as sabotage in one of four federal byelections yesterday.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

JACQUES BOISSINOT/THE CANADIAN PRESS

Bloc Québécois candidate Nancy Gagné steps out of her campaign van yesterday to visit a polling station in Saint-Jean-Port-Joli, Que. Gagné was running in a federal byelection in the riding of Montmagny-L'Islet-Kamouraska-Rivière-du-Loup.

Drive is on for Fox mom to light cauldron

VANCOUVER 2010 Games

OLYMPICS In the eyes of Mike Sveinson and his tens of thousands of friends, it would be a fitting gesture to one of Canada's greatest heroes.

Betty Fox

Members of a Facebook group — more than 114,000 and counting as of yesterday — would love to see Betty Fox, mother of the late Terry Fox, light the cauldron to open the 2010 Vancouver Olympics.

The group is easily the most popular of several online campaigns dedicated to the final torchbearer who will ignite the flame during the opening ceremony at B.C. Place Stadium on Feb. 12.

There are Facebook groups supporting Terry Fox's friend Doug Alward, along with "Man in Motion" Rick Hansen, hockey legend Wayne Gretzky, retired Vancouver Canucks captain Trevor Linden and even rocker Gord Downie of The Tragically Hip.

"It's kind of a neat thing," Terry's brother Fred Fox said in a recent phone interview. "We just see it as a way of Canadians wanting to acknowledge Terry and honour him, and we think it's fantastic. It's a recognition of Terry and his legacy and how Canadians still hold him close."

Whether it was legendary boxer Muhammed Ali at the 1996 Atlanta Olympics, or aboriginal sprinter Cathy Freeman at the Sydney Games in 2000, the lighting of the cauldron is one of the enduring images of any Olympics. It's also a moment that unites the country, said John Furlong, the CEO of the Vancouver Olympic organizing committee. And the identity of the final torchbearer is a closely guarded secret, known only to a small group of officials. "The lighting of the cauldron at the end of the ceremony will be Canada's ultimate wow moment," Furlong said in a statement. "As it nears its final destination, we want everyone to share the pride and surprise of the moment and as the identity of the final torchbearer is revealed."

Sveinson remains hopeful that person will be Betty Fox. He feels the honour would be a symbolic conclusion to the cross-country trek her son was never able to finish.

Terry Fox, who grew up in Port Coquitlam, B.C., was diagnosed with bone cancer when he was 18 and had his right leg amputated above the knee.

Three years later, in 1980, he embarked on his Marathon of Hope across Canada to raise money for cancer research. He was forced to stop after 143 days, when the cancer spread to his lungs. He died the next year, at age 22.

THE CANADIAN PRESS

Woman hits lotto jackpot

LOTTERY A Manitoba woman has won what is believed to be the largest lottery prize in the province's history and one of the largest ever in Canada.

$54.3M

The biggest lottery jackpot in Canadian history was awarded in 2005 when 17 oil and gas workers in Camrose, Alta., claimed $54.3 million in a Lotto 6-49 draw.

Marie Fontaine of Pine Falls bought her winning numbers about one hour before Friday's cutoff for the $50-million Lotto Max draw.

Laurie Wilson, owner of Broadlands Mall in Pine Falls where the winning ticket was purchased, says Fontaine phoned the store Saturday to check her numbers.

She then came to the store with her husband and several of her siblings to double-check them.

"It was emotional and happy and they were crying and laughing, it was incredible," Wilson recalled.

"All her sisters were jumping up and down and screaming (in) happiness, but they were also crying at the same time. It was total excitement all the way around, I couldn't believe it."

Wilson said she was shaking as much as Fontaine as they filled out the paperwork to claim the $50-million prize from the Western Canada Lottery Corporation.

Fontaine could not be reached for comment.

THE CANADIAN PRESS

Quebec eyeing Olympic bid?
Quebec will spend $1 million to assess whether its capital city can put together a bid for future Winter Olympic Games. Quebec Premier Jean Charest announced the province's intentions at a news conference yesterday, saying there is no city better located or prepared to host the Winter Games. THE CANADIAN PRESS

Honouring 'tradition of courage and sacrifice'

Governor General presents new sacrifice medals for wounds, deaths

Governor General Michaëlle Jean presided yesterday over the first presentations of the new Sacrifice Medal.

Of the first 46 medals, 21 are posthumous awards.

The medal is awarded to members of the Forces, or civilians working with the Forces, who are killed or wounded by hostile action or to any member of the military who dies because of a service-related accident or disease.

The Governor General told the soldiers and families assembled at Rideau Hall for the ceremony that Canadians share their pain and grief.

"You are not alone," she said. Jean, who is titular commander-in-chief of the Forces, paid tribute to those who have fought and are fighting still in Afghanistan.

"I must bow my head before you, to pay tribute to you and to express my respect and gratitude."

She said their sacrifices have become part of the country's collective history.

Prime Minister Stephen Harper was on hand for the ceremony and offered his thanks.

"Time and again, Canadians have proven themselves to be among the bravest, most skilled and most successful soldiers, sailors, airmen and airwomen on earth," he said.

"I want to thank each and every one of today's recipients, as well as their families and loved ones, for nobly upholding Canada's proud tradition of courage and sacrifice in the face of any odds."

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

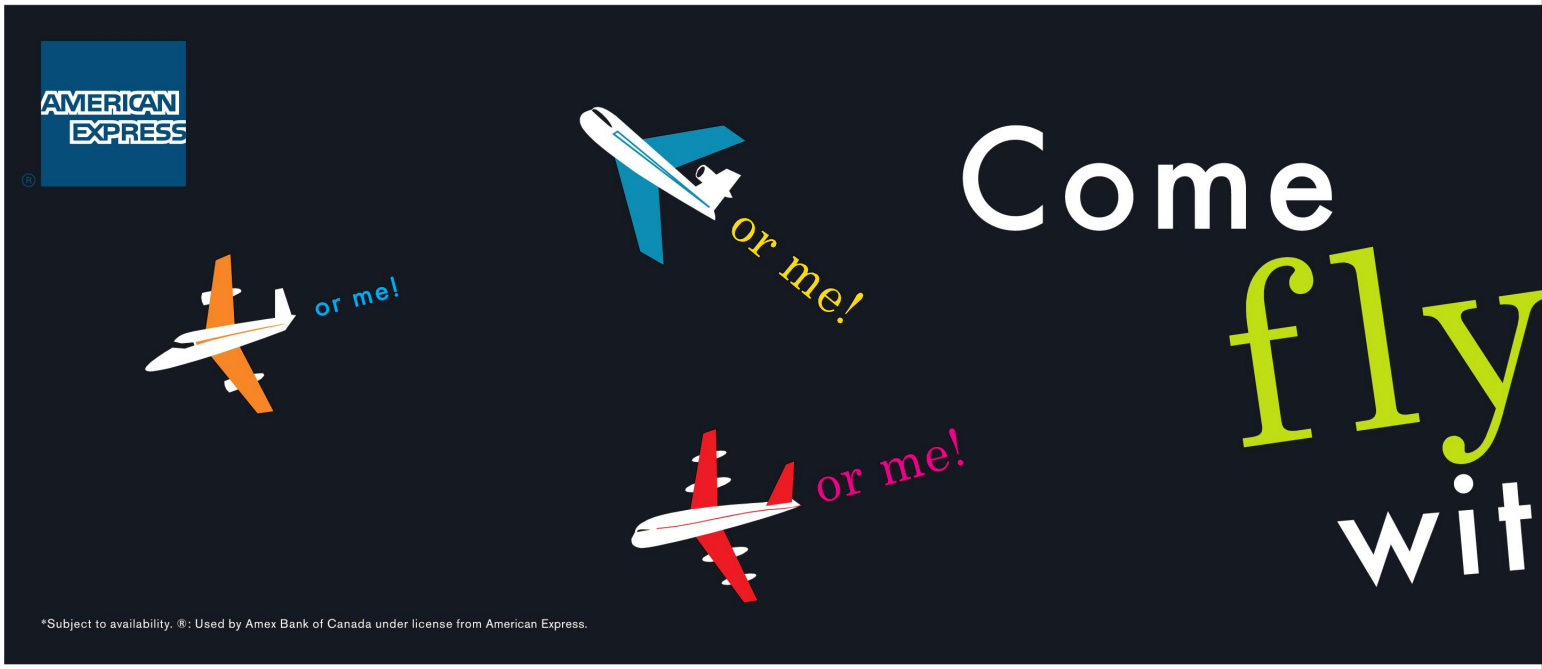
Governor General Michaëlle Jean touches Master Cpl. Jody Mitic, left, as she presents him with the new Sacrifice Medal as Prime Minister Stephen Harper, right, and Chief of the Defence Staff Walter Natynczyk look on during a ceremony at Rideau Hall in Ottawa yesterday.

Bittersweet feelings for father

MEDAL Ben Walsh, whose son Master Cpl. Jeffrey Walsh died in an accidental shooting in Afghanistan in 2006, was among a group of people who spent more than a year lobbying the government to change the criteria for the new Sacrifice Medal. Yesterday, all that effort paid off as Walsh accepted the Sacrifice Medal on behalf of his son.

"I was extremely happy and excited ... when I found (out about the medal). But it was, I guess you could say, bittersweet," Walsh said.

THE CANADIAN PRESS



Shortages mean Canada unlikely to spare flu vaccine for Afghanistan

Flu Outbreak

H1N1 Canada is unlikely to dip into its limited supply of H1N1 vaccine to help meet Afghanistan's plea for help to deal with a pandemic that has already claimed 11 lives in the country.

Both civilian and military officials have indicated that Canada's stockpiles of the vaccine are too low to make doses available to Afghan civilians.

There have been 779 confirmed cases of swine flu in Afghanistan since July, when the virus is believed to have spread from a group of four American soldiers at Bagram Air Base.

"So far we don't have any preventive vaccines," said Dr Ahmad Farid Raaid, a spokesperson for Afghanistan's Ministry of Public Health.

The ministry is expecting to receive a shipment of 550,000 doses of H1N1 vaccine from World Health Organization donors by next week. It has already shut schools across the country for a three-week period in an effort to stop the virus from spreading.

"If the situation deteriorates, we may need more medicine," said Raaid.

"We will try to help them ... but it may be difficult to respond to the request for vaccine given the shortages in Canada."
Ambassador Bill Crosbie

But Canada won't be contributing to the shipment, even though the Afghan government sent a request to the embassy for support over the weekend.

"We will try to help them ... but it may be difficult to respond to the request for vaccine given the shortages in Canada," Ambassador Bill Crosbie said.

THE CANADIAN PRESS

Wildrose leader targets oilpatch

CALGARY The leader of Alberta's burgeoning Wildrose Alliance party is going after the province's powerful oilpatch for support.

In a breakfast speech to about 200 of the industry's key players, Danielle Smith promised that her party would make changes to the province's royalty framework.

Royalties have been a lightning rod for discontent in the Calgary business community since Premier Ed Stelmach reworked them two years ago. Jim Davidson, who heads the Calgary investment firm FirstEnergy, organized the breakfast.

He says he wanted to introduce Smith to the "downtown core" and he suggests that the sellout crowd is a strong sign that business leaders are willing to listen to alternatives to the Stelmach government.

Stelmach survived his party's leadership review on the weekend with a 77 per cent approval rating, but Smith says he's still out of touch with the average Albertan.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

Wildrose Alliance Party Leader Danielle Smith speaks at a business breakfast in Calgary yesterday.

Scientists hoping torch run shines light on polar bear plight
The Olympic torch is continuing its journey through Canada's north today and some scientists are hoping it will shine an international light on the polar bear that environmentalists say is in grave danger because of climate change. THE CANADIAN PRESS

Canadian vaccine for pregnant woman still not approved: Official

The made-in-Canada swine flu vaccine that's intended for pregnant women won't be going into arms any time soon because Ottawa hasn't approved it yet, Ontario health officials said yesterday.

Pregnant women can still get the Australian-made H1N1 shot that doesn't contain an adjuvant, an additive that boosts the immune system's response, said Dr. Arlene King, Ontario's chief medical officer of health.

"The 86,800 (doses) that we got last week is being used right now in pregnant women as we speak," she said in an interview with The Canadian Press.

The 1.8 million doses ordered from GlaxoSmithKline and manufactured in Quebec is "embargoed for use until Health Canada approves it," she added.

Ottawa is expected to approve the vaccine late this week, said King. Until then, pregnant women can still get the Australian-made shot.

King said Ontario will receive a shipment late Monday from the federal government that's expected to replenish its vaccine supplies.

"The supply that we're going to be having this week is going to be quite limited," King said.

"That being said, we will over the course of the week, be deciding to whom we will be able to offer the product we have right now and that we're expecting this week and next."

It includes 395,000 doses of the adjuvanted vaccine and 375,000 doses of the not-yet-approved unadjuvanted vaccine from GlaxoSmithKline. THE CANADIAN PRESS

Latest H1N1 developments

- The death toll from swine flu in Newfoundland and Labrador continues to rise. Officials say a 69-year-old woman has become their fifth fatality.
- France is the latest western country to embark on a national swine flu vaccination effort. The program currently targets people in high risk groups such as pregnant women and health care workers. THE CANADIAN PRESS

Flu **Outbreak**

War museum to house part of Berlin Wall: Harper

A massive chunk of the Berlin Wall, which has rested in a government conference centre largely out of public view for years, will be moved to the Canadian War Museum.

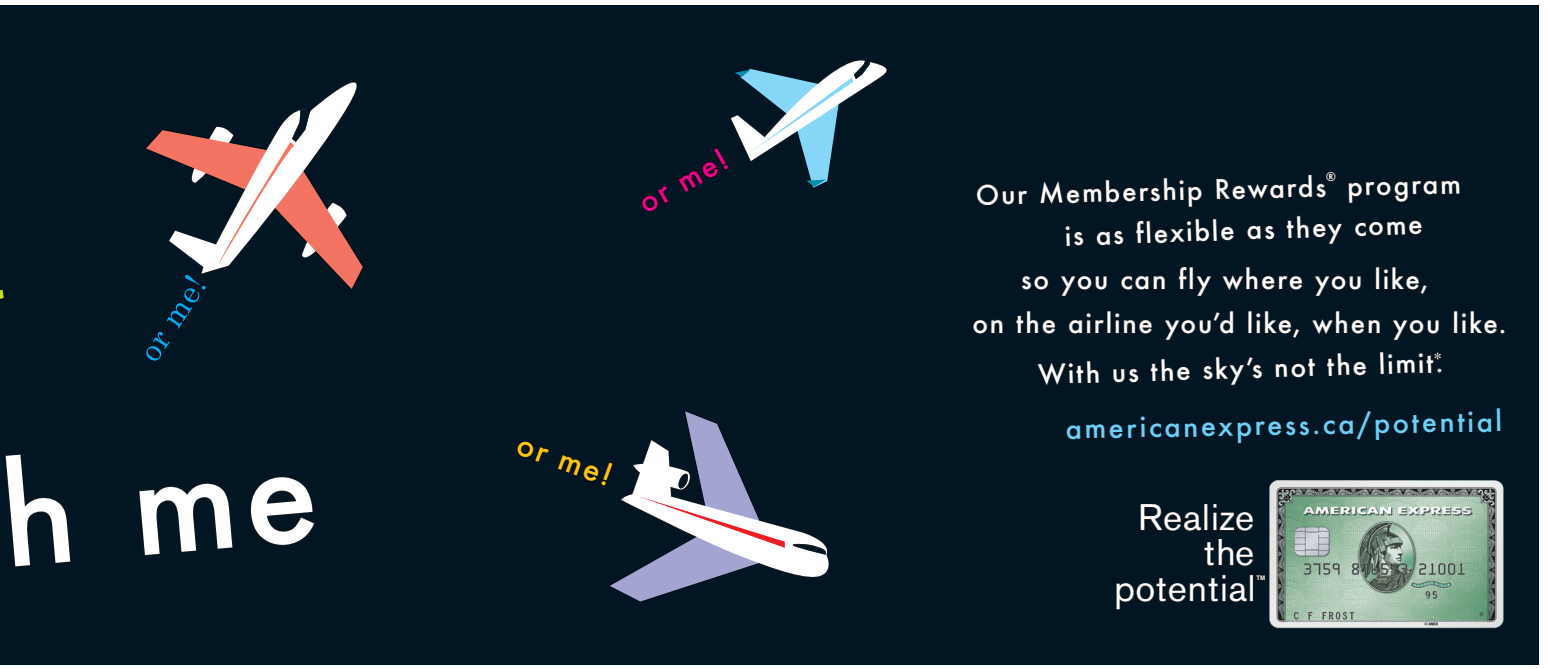
Prime Minister Stephen Harper made the announcement yesterday to mark the 20th anniversary of the fall of the wall, the fabled dividing line between East and West for much of the Cold War.

"The point of no return was reached 20 years ago today ..."
Stephen Harper

"The point of no return was reached 20 years ago today, on Nov. 9, 1989," Harper said at a brief ceremony next to the piece of the wall, a slab the size of a boardroom table daubed with colourful cartoons.

"That is when, with the world watching, thousands of Germans from the east poured across a border that would soon cease to exist. They chose with their feet the principles long upheld by Canada and our allies, embracing freedom, democracy, human rights and the rule of law."

Harper says putting the piece of the wall in the war museum will serve as a reminder that tens of thousands of Canadians served with NATO in Germany for almost 40 years during the Cold War. THE CANADIAN PRESS



Teen hunter shoots polar bear in self-defence

RESCUE A teenage hunter trapped on an ice floe in Hudson Bay was forced to shoot a polar bear in self-defence as he waited to be rescued from the drifting sea ice.

A spokesman with the Nunavut government says three bears were on the same ice pan as the 17-year-old after he became separated from his uncle.

Ed Zebedee says one of the bears, likely a female, got too close and the youth was forced to shoot the animal.

The teen and his uncle got into trouble when their snowmobile broke down.

Both of them started to walk towards the tiny community of Coral Harbour on Southampton Island, but the teen got stranded on the ice floe.

He was rescued after two nights on the ice and is recovering from hypothermia, while the uncle was picked up earlier by ground searchers. THE CANADIAN PRESS

News in brief

GUILTY A controversial Quebec radio host and psychiatrist has been found guilty of 13 charges related to his medical practice. A disciplinary committee found Pierre Mailloux guilty of misdiagnosing patients and prescribing large doses of two antipsychotic drugs. The incidents occurred between 2002 and 2007 and involved nine children between the ages of six and 12 and three adults. THE CANADIAN PRESS

Navy **Honouring a prince**

DARRYL DYCK/THE CANADIAN PRESS

Prince Charles, left, walks past a Canadian Navy guard of honour during a visit to Canadian Forces Base Esquimalt near Victoria, B.C. yesterday. Prince Charles and Camilla, Duchess of Cornwall, are on an 11 day tour across Canada.

Vandals damage cenotaph in Fredericton

Vandals damaged the provincial cenotaph in Fredericton just days before Remembrance Day ceremonies are to be held there. A large granite cross that stood more than three metres high was toppled and broken into a number of pieces. THE CANADIAN PRESS

Nov. 11 barely registers in Netherlands

Canadian veterans accustomed to getting a hero's welcome every spring when the Netherlands marks the anniversary of its liberation might well be disappointed if they expected to get a similar reception on Remembrance Day.

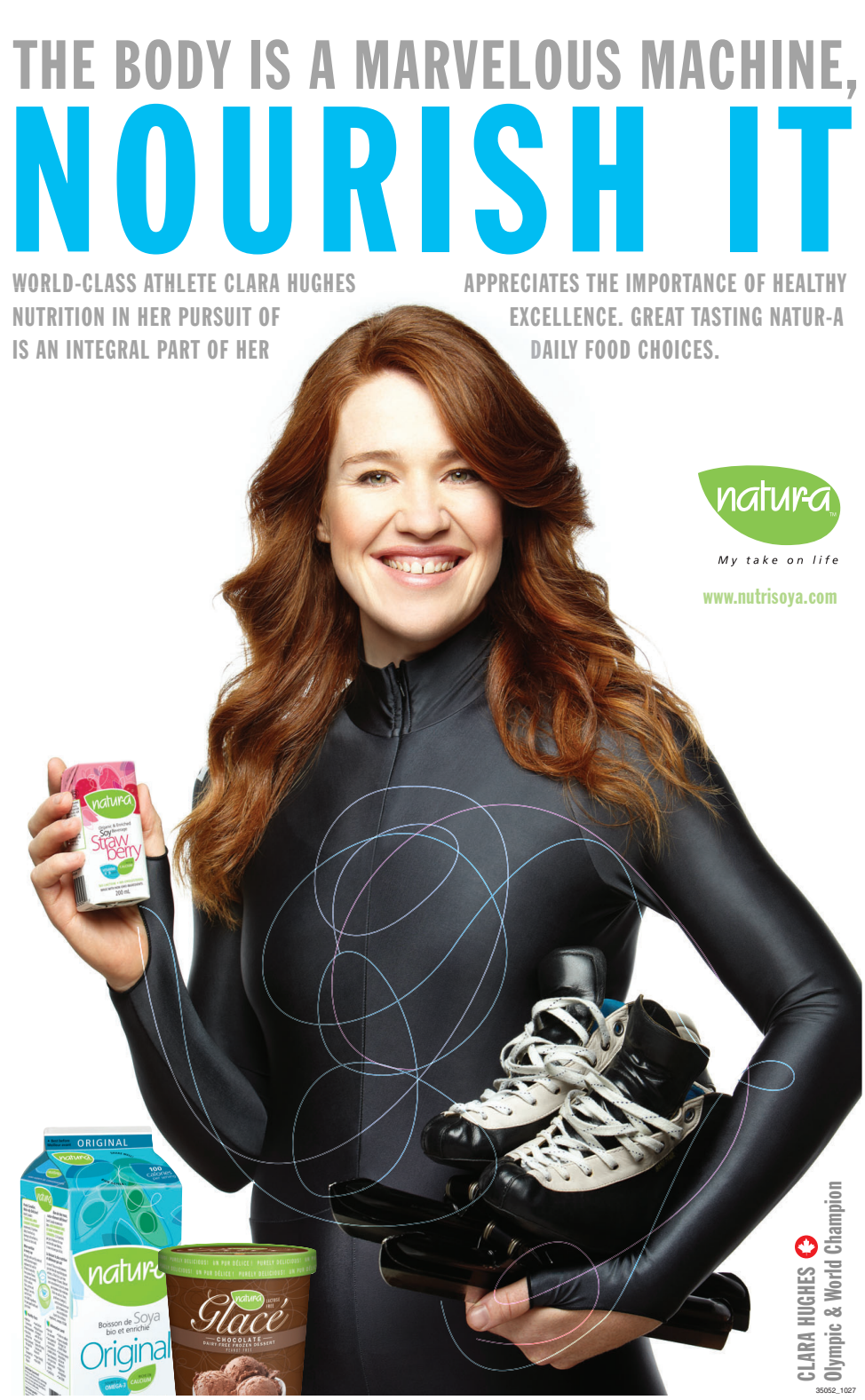
While thousands of grateful Dutch people line the streets of their cities and towns to cheer passing Canadian veterans during celebrations in early May, very few people here are even aware that Nov. 11 has any significance.

During a casual survey of busy commuters outside Amsterdam's Central Railway Station, hardly any passersby knew the significance of tomorrow's anniversary, and not one knew the significance of the lapel-pin poppy.

THE CANADIAN PRESS

Just another working day

- Flight attendant Nicole Brouwer was surprised to learn that the wearing of the poppy actually dates back to the end of the First World War. For her, like so many others, Nov. 11 is just another working day.



ADRIAN WYLD/THE CANADIAN PRESS

Canadian Second World War veteran Betty Brown listens to speakers during a Remembrance Week ceremony in the Senate on Parliament Hill in Ottawa last week. Known as the Angels of Mercy, thousands of Canadian nursing sisters travelled overseas to care for their wounded countrymen.

Nurses answered call of duty

They came from far-flung farming communities, small towns and big cities across Canada, nurses who answered the call of duty from their country and their profession.

Almost 4,500 women donned the white-veiled uniforms of Canada's Nursing Sisters, enlisting along with young men who also hearkened to the Second World War call to arms.

Some were recent nursing graduates, others more seasoned veterans. Many had grown up fed on tales of heroism and despair from fathers and uncles who had served in the Great War. Some had brothers newly in uniform, and they wanted to join in a common cause.

But nothing could have prepared this doughty band of women for the horrific injuries they would witness from the new and terrible machinery of war, nor the sheer scale of the destruction.

Bombs and shrapnel that severed limbs or left gaping wounds; burns that melted skin and sinew of hands and arms or erased the features of a serviceman's face; spinal injuries that left many partially or fully paralyzed; battle fatigue that left young soldiers screaming from the horror they had seen.

Legacy

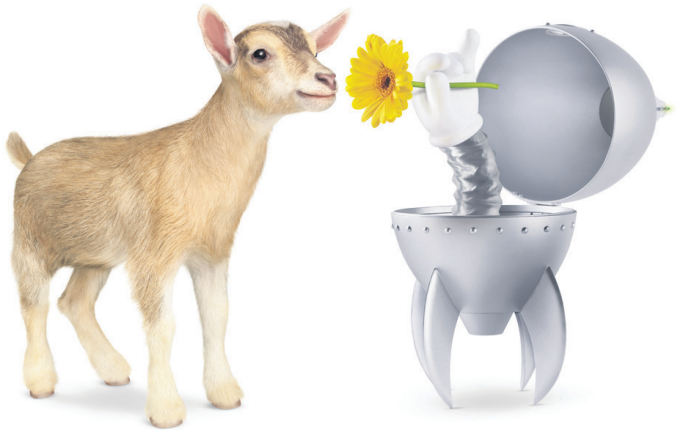
- Less than 500 Second World War nursing sisters are still alive today, one part of the legacy that began with the 1885 Northwest Rebellion and continues today with nursing officers in Afghanistan.

Scottish-born and Winnipeg-raised Betty Brown was just 22 when she joined the Army as a nursing sister. Following a nine-month stint at the No. 5 military hospital just outside London, she took ship as part of a convoy with a secret destination.

Dogged by the German submarine Wolf Packs, the convoy reached its destination of Sicily, but not before the hospital supply ship was sunk.

"Nurses are pretty handy and can make do," says Brown, relating how the Canadian troops had found a cache of medical supplies left by the retreating enemy, which they put to immediate use in a makeshift hospital.

THE CANADIAN PRESS



Meet the future. It's friendly.™

It's friendly because we'll help you find the phone that's just right for you with our **smart fit phone finder** and we'll teach you how to use it with our online learning centre. It's friendly because our new **clear and simple pricing** means the price you see is the price you'll pay, and because you'll be on Canada's **largest 3G+ network**.*

Come and visit us in-store or online.

TELUS. the future is friendly®.

telusmobility.com/futurefriendly

TELUS

TELUS STORES & AUTHORIZED DEALERS

TORONTO

Bayview Village Shopping Centre
Bloor West Village
Cloverdale Mall
Dufferin Mall
Fairview Mall
Gerrard Square
Royal Bank Plaza
Scarborough Town Centre
Sherway Gardens
Shops at Don Mills
Toronto Eaton Centre
Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
2187 Queen St. E (The Beach)
2365 Yonge St. (north of Eglinton)
455 Danforth Ave.
720 King St. W
38 - 1500 Royal York Rd.
8 - 1750 The Queensway
1184 Kennedy Rd.
3 - 2610 Weston Rd.
1061 St. Clair Ave. W
104 - 5050 Dufferin St.
25 Davenport Rd.
1158 Warden Ave.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
2880 Queen St. E (Hwy. 7 & Airport Rd.)
55 Mountainash Rd. (Springdale Square)
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
101 - 6200 Dixie Rd.
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.

Oakville
Oakville Place
RioCan Burloak
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham
Markville Shopping Centre
Pacific Mall

Newmarket
Upper Canada Mall
1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

Ajax
RioCan Durham

Pickering
Pickering Town Centre

Oshawa
Oshawa Centre
Taunton-Harmony Plaza
27 - 1414 King St. E

Whitby
Brock-Taunton Power Centre

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP BEST BUY Walmart CELLULAPOINT

*For HSPA/HSPA+ geographic coverage and population covered as of November 2009. TELUS, the TELUS logo, Meet the future. It's friendly., and the future is friendly are trademarks of TELUS Corporation, used under licence. Twitter is a trademark of Twitter, Inc. in the United States and other countries. All other trademarks are the property of their respective owners. © 2009 TELUS.

TORONTO
Associate Publisher, Irene Patterson
Managing Editor, Jim Reyno
Retail Sales Director, Tracy Day
Prod/Distribution Director, Gerry Moher
METRO CANADA
Group Publisher, Bill McDonald
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

General's new book stirs the pot

NationalReport
Lawrence Martin
metronews.ca/nationalreport

Is it Rick Hillier's war? With things going badly in Afghanistan, a controversy has developed over who was the main architect of the Kandahar component of the mission that has cost so many Canadian lives.

In his book, A Soldier First, which is jumping off the shelves, retired Gen. Rick Hillier tries to distance himself as the prime mover. The decision had already been made to go into Kandahar, he said, when he became head of the Armed Forces five years ago.

That doesn't quite square with the picture put forward in The Unexpected War, the award-winning book by Janice Gross Stein and Eugene Lang.

Lang, who served as top adviser to former defence minister Bill Graham, said yesterday he stands by his story. "My account is accurate. My account is based on research not memory. I was at the table for many of the decisions and I subsequently interviewed many of the principals, including Hillier." He said the decision that had been made was to send only a provincial reconstruction team of a couple hundred troops to Kandahar, not the full-fledged combat force that came about under Hillier.

The question is an important one. Hillier has elevated the reputation and stature of the Canadian military and deserves a lot of credit, as Lang points out, for doing so. There is uneasiness, however, over Hillier's larger vision. He has a simplistic notion of the world as being divided into good guys and bad and saw the Canadian role as being to get out there to kill those "scumbags," as he called them. His approach marked a wholesale shift from peacekeeping and the advocacy of soft power. Hillier refers to soft power in his book as "sheer lunacy."

How the war pans out will impact heavily on his reputation and how his redefinition sits with Canadians.

If he read more history, he would know what happens or might have happened when too much power is left in the hands of generals. He could start with the Cuban missile crisis and the hot-button ravings of Gen. Curtis E. LeMay. If he had not been overruled by civilians at the Kennedy White House, Hillier wouldn't even be here. Neither would the rest of us.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Our society's descent into barbarism

InStep
Christine Williams

Headlines featuring acts of violence are copious, and depending on the shock value, these reports often illicit a proportional reaction from the citizenry, lobby groups and even politicians.

But the recent case involving a 15-year-old California girl who was gang-raped in front of as many as 20 witnesses for more than 2½ hours has slipped by as just another tragedy to add to the list. Yet I noticed that those who discussed it in private expressed their shock with a whisper, accompanied by a befuddled look. There is something unique about this event. It marks a low point in our collective moral psyche that we must challenge.

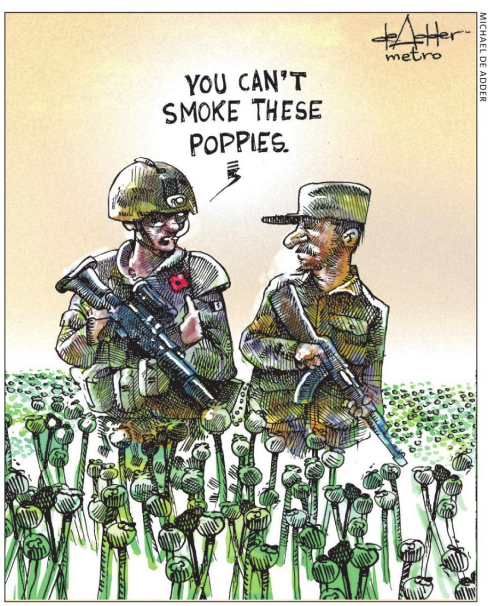
One of the methods we choose to deal with tragedies is to identify markers that would signify how it could have been prevented. There is hardly an event more troubling than a seemingly random one, where a victim is inexplicably chosen in a heinous crime. This 15-year-old girl could have been you, your daughter, sister, etc. As the attacks began, more people came to watch. Some joined in while others took cellphone videos and images.

The scene is reminiscent of the savagery of the Dark Ages, where human beings were barely recognizable from beasts. In a world of scientific breakthroughs and high-tech technology, where is the soul of humanity headed as we increasingly deny the precious worth of other human beings?

The Parents Television Council just released its report, highlighting a concern about an increase in violence against women in prime-time network programs. Sadly enough, if depictions of violence, sex or a mix of both are on the rise in the media, it is reflective of the ravenous appetite of the consumer.

There are many voices of reason and ethics reverberating their warnings to a society descending into barbarism. We can no longer afford to be inactive bystanders. We can begin by limiting intellectual junk food and embracing the timeless virtues of intimacy with friends and loved ones. As a bonus, our kids will love us for it in the long term.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Toronto 1 Concorde Gate, Suite 703, Toronto, ON M3C 3N6, Tel: 416-486-4900; Fax: 416-482-8097; Advertising: 416-486-4900 ext. 316 • adinfotoronto@metronews.ca; toronto_distribution@metronews.ca; News: jim.reyno@metronews.ca

'TIS THE SEASONS! SAVE UP TO 35%

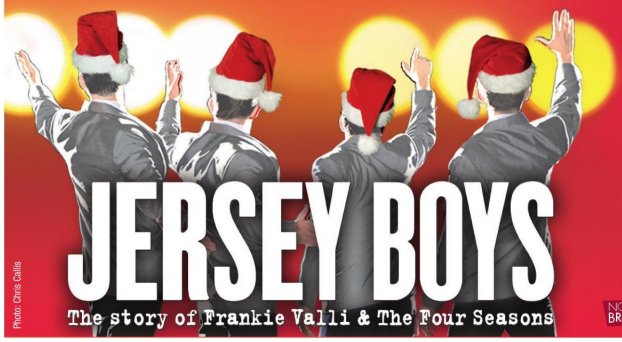


Photo: Chris Callis

GREAT SEATS NOW $25 AND $60*
MUST BOOK BY NOVEMBER 29!
VALID FOR PERFORMANCES NOW THROUGH JANUARY 31, 2010
JerseyBoysToronto.com/WINTER • (416) 644-3665 and quote code: WINTER
TORONTO CENTRE FOR THE ARTS, 5040 Yonge Street
NOW THAT'S BROADWAY!
*Some conditions and service charges apply. Tickets subject to availability. Percentage savings differ per ticket price category. Offer valid only with promotion code WINTER. No exchanges or refunds. All sales are final.
dancap

Supreme Court refuses to block sniper's execution
The U.S. Supreme Court has refused to block tonight's scheduled execution by injection at a Virginia prison of sniper mastermind John Allen Muhammad who terrorized Maryland, Virginia and Washington, D.C. during a three-week spree in October 2002. THE ASSOCIATED PRESS

World

Russian H-bomb developer dead at 93

Vitaly Ginzburg, a Nobel prize-winning Russian physicist and one of the fathers of the Soviet hydrogen bomb, has died in Moscow. He was 93. Ginzburg won the 2003 Nobel Prize in physics for his contribution to theories on superconductivity, the ability of some materials to conduct electricity without resistance. In the early 1950s, Ginzburg was part of the Soviet government's hydrogen bomb program.
THE ASSOCIATED PRESS

Shooting suspect reached out to radical imam: Report

TEXAS The U.S. Army psychiatrist accused of the Fort Hood massacre reached out to communicate with a radical imam overseas who in the past came under scrutiny for possible links to terror groups, a U.S. official said yesterday.

Maj. Nidal Malik Hasan sent electronic communications to the imam, Anwar al-Awlaki, according to this official, who was not authorized to discuss the investigation and spoke on condition of anonymity. Al-Awlaki, who was released from a jail in Yemen last year, writes a blog which, among other things, denounces U.S. policies as anti-Muslim.

Hasan's messages were picked up by U.S. counterterror officials, but an inquiry into the matter was shelved because the contacts were not deemed to suggest a threat, this official said. Investigators now are trying to determine whether Hasan has any links to terror groups.

Officials involved in the investigation said Hasan would be tried in a military court. Authorities have not said when charges would be filed. Hasan remains under guard at a military hospital but began talking to doctors there yesterday.
THE ASSOCIATED PRESS

m.metronews.ca

Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Landslide buries town

At least 130 dead after disaster in El Salvador

Tears streamed down Elsy Portillo's badly bruised face yesterday as she walked behind coffins carrying her mother and only child in Verapaz buried by a landslide, one in a series that killed at least 130 people in El Salvador.

Portillo's body was flung repeatedly against the walls as she fought to keep her seven-year-old son from being swept away in the powerful river of mud, boulders and floodwaters overtaking their home in the pre-dawn hours Sunday.

"My little angel was taken away," she said, sobbing, her right eye swollen shut. "My little angel was taken away."

Days of heavy rains unleashed flooding and mudslides across this mountainous Central American country Sunday.

Soldiers and townspeople continued digging through rock and debris to search for the 60 people who remained missing yesterday. Collapsed walls and downed power lines prevented heavy machinery from entering. Many used their bare hands.

Hopes of finding survivors dimmed with each passing hour.
THE ASSOCIATED PRESS

RODRIGO ABD/THE ASSOCIATED PRESS

Manuel Pontano, centre, sits outside his flooded home in the town of Verapaz, El Salvador, yesterday.

News in brief

WASHINGTON Israeli Prime Minister Benjamin Netanyahu yesterday called for an immediate resumption of peace talks with Palestinians and pledged more steps to improve economic conditions in Palestinian areas. Netanyahu reiterated to an assembly of Jewish groups meeting in Washington his view that peace negotiations should begin with no preconditions. He made no new proposals on constraining Jewish settlements in the West Bank. Palestinian officials insist that Israel freeze settlement activity before talks resume.

SENTENCE U.S. federal prosecutors want a prison term of at least 27 years for a former Louisiana congressman convicted of taking hundreds of thousands of dollars in bribes. The case of William Jefferson, a Democrat who represented parts of New Orleans, made headlines when authorities found $90,000 cash hidden in his freezer.
THE ASSOCIATED PRESS

Don't put great savings on hold.

yak Home Phone Fully Loaded

ONLY $29.21* MONTH

- 5 features
- No contracts*
- Not a VoIP line

Switch now! Get one month FREE*

Quote promo code: 1-2-3-FREE

Home Phone | Long Distance | High Speed Internet | Long Distance Cell | Travel Cards | Yak Paks

Call 1-866-888-6687 yak.ca

Proudly Canadian Customer Service

yak We want to be your phone company.

*Terms of service apply. Average rate over four months of $38.95 per month with fourth month free. Monthly rate of $38.95 plus applicable taxes each month thereafter. Customers must sign up for Yak Home Phone Fully Loaded with credit card only. Open to Ontario residents only. One promotional offer per account. One time use only. Not redeemable with any other offers or discounts or for any other services. Offer available until December 31, 2009. For full terms and conditions, visit http://winwithyak.yak.ca/terms/free_month.

TWILIGHT MADNESS SALE

Wednesday November 11th 6 pm-11 pm

No appointment necessary

Bridal Gowns for $499*

*Choose from select styles excluding new arrivals. Gowns must be paid in full and taken, but are eligible for alterations at a later date.

Amanda-Lina's Sposa Boutique

www.amandalinas.com

177 Whitmore Rd, Unit 7, Woodbridge • 905-265-8707

(Off of Hwy. 7 between Pine Valley Dr. and Weston Rd.)

Chocolatier makes edible Berlin Wall

A French chocolate-maker has celebrated the 20th anniversary of the fall of the Berlin Wall by building a 15-metre long edible replica of the landmark. Award-winning chocolatier Patrick Roger used 900 kilograms of chocolate to build the wall over three weeks. THE ASSOCIATED PRESS

Historical figures for a historic anniversary

Gorbachev, Walesa take part in 20th anniversary celebrations of fall of the Berlin Wall

German Chancellor Angela Merkel and former Soviet leader Mikhail Gorbachev crossed a former fortified border yesterday to cheers of "Gorby! Gorby!" as a throng of grateful Germans recalled the night 20 years ago that the Berlin Wall gave way to their desire for freedom and unity.

Within hours of a confused announcement on Nov. 9, 1989, that East Germany was lifting travel restrictions, hundreds of people streamed into the enclave that was West Berlin, marking a pivotal moment in the collapse of communism in Europe.

Merkel, who grew up in East Germany and was one of thousands to cross that night, recalled that "before the joy of freedom came, many people suffered."

> **"Before the joy of freedom came, many people suffered."**
> Angela Merkel

She lauded Gorbachev, with whom she shared an umbrella amid a crush of hundreds, eager for a glimpse of the man many still consider a hero for his role in pushing reform in the Soviet Union.

Tears sprang to the eyes of Uwe Kross, a 65-year-old retiree, who recalled seeing the start of the drama on Nov. 9, 1989, from his home, a block away from the bridge.

"That night you couldn't stop people," Kross said. "They lifted the barrier and everyone poured through."

Merkel also welcomed Poland's 1980s pro-democracy leader, Lech Walesa, to the former crossing yesterday, saying his Solidarity movement provided "incredible encouragement" to East Germans.

Music from Bon Jovi and Beethoven was to recall the joy of the border's opening, which led to German reunification less than a year later and the swift demolition of most of the wall — which snaked for 155 kilometres around West Berlin, a capitalist enclave deep inside East Germany.

Memorials were also held for the 136 people killed by East German guards trying to cross the border.

THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS

From left, former Soviet leader Mikhail Gorbachev, German Chancellor Angela Merkel and former Polish president Lech Walesa hold a picture showing cars and people at the border crossing after the fall of the Berlin Wall on Nov. 9, 1989.

Reason to switch #27:

My life doesn't stop at 5 p.m.

OPEN 8 'TIL LATE

Switch your chequing account and get up to $250. Ask us how.
Visit www.tdcanadatrust.com/reasons or call 1-800-281-6562 today.

TD Canada Trust
Banking can be this comfortable

Conditions apply. See us for details. Offer ends December 31, 2009 but may be changed, extended or withdrawn at any time without notice.

Domino effect a fitting tribute

Thousands of cheering Germans re-enacted the electrifying moment the Berlin Wall came crashing down — toppling 1,000 huge graffiti-adorned dominoes that tumbled past the Brandenburg Gate in the heart of the capital, celebrating 20 years of freedom from separation and fear.

Yesterday's spectacle — billed by organizers as a metaphor for the way the real Cold War icon came down and the resulting fall of communist countries in eastern Europe — was the finale after a series of memorial services, speeches and events marking the anniversary.

"Looking back, we can see many causes that led to the peaceful revolution, but it still remains a miracle," German President Horst Koehler told the leaders of all 27 European Union countries, Russian President Dmitry Medvedev and U.S. Secretary of State Hillary Rodham Clinton, who were invited to attend the ceremony, reflecting the profound change the fall of the wall had not only on Germany, but Europe and the world.

> **'Common Europe'**
> • Russian President Dmitry Medvedev stressed the Soviet Union's role in bringing down the Berlin Wall and suggested more must be done to clear "our common Europe" of dividing lines, alluding to the differences and distrust that still set Russia apart from the West.

Angela Merkel — Germany's first chancellor to be raised in the former communist east — called the events of Nov. 9, 1989, an "epic" moment in history.

"For me, it was one of the happiest moments of my life," Merkel told a crowd of tens of thousands packed around the Brandenburg Gate.

In a video message screened at the main event, U.S. President Barack Obama paid tribute to the dissidents and demonstrators who ushered in the fall of the wall 20 years ago.

"Let us never forget Nov. 9, 1989, nor the sacrifices that made it possible," Obama said to applause and cheers.

Merkel also recalled the tragic side of Nov. 9 for Germans — the Nazi's Kristallnacht, or Night of Broken Glass — an anti-Semitic pogrom 71 years ago.

At least 91 German Jews were killed, hundreds of synagogues destroyed, and thousands of Jewish businesses vandalized and looted in the state-sanctioned riots that night.

"Both show that freedom is not self evident," Merkel said. "Freedom must be fought for. Freedom must be defended time and again. Freedom is the most valuable commodity in our political and social system."

THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS

Giant dominoes placed along the former border in front of the Brandenburg Gate in Berlin fall yesterday in a symbolic act.

On the Wall

Quotes from yesterday

• "My clairvoyant skills and those of (then-chancellor Helmut) Kohl were up to nothing then. We did not think the wall would fall so fast."

Former Soviet leader Mikhail Gorbachev

• "I don't cry easily, but there have been three moments in my life when I have followed world history on the TV and cried. When the Wall fell and was torn down, I was completely excited, emotionally stirred and simply just happy in the moment."

German Foreign Minister Guido Westerwelle

• "Now we have to turn our attention to the challenges of the 21st century. A wall, a physical wall, may have come down but there are other walls that exist that we have to overcome and we will be working together to accomplish that."

U.S. Secretary of State Hillary Clinton

'Junior' Gotti never quit mob, prosecutor says
Don't believe a defence lawyer's argument that John "Junior" Gotti quit organized crime with a sudden epiphany more than a decade ago, a prosecutor told a jury yesterday during closing arguments in Gotti's fourth trial on racketeering charges in as many years. THE ASSOCIATED PRESS

China executes nine for Xinjiang riots

Men convicted of murder for July violence

China has executed nine men, including eight from the Muslim Uighur minority, for crimes committed during July riots that killed 200 people in far western Xinjiang region. The men are the first to be put to death for the country's worst ethnic violence in decades.

The nine had been convicted of murder and other crimes committed during the unrest, which began July 5 when Uighurs in the regional capital of Urumqi attacked Han people, who make up China's dominant ethnicity, only to face retaliatory attacks two days later.

Ethnic minority

- Many Uighurs, who are a Turkic Muslim ethnic group linguistically and culturally distinct from the Han, resent Beijing's heavy-handed rule in Xinjiang, their traditional homeland.

Four months after the riots, Xinjiang remains smothered in heavy security, with Internet access cut and most international calls blocked.

The official China News Service reported yesterday that the nine were executed after a final review of the verdicts by the Supreme People's Court, but it gave no specific date or other details. Earlier reports had identified those condemned as eight Uighurs and one Han.

The timing of the executions was not especially fast for China, which puts more people to death than any other country, an estimated 6,000 people in 2007. Politically sensitive cases are often decided in weeks, especially when they involve major unrest.

THE ASSOCIATED PRESS

Serbia **Thousands attend antifascism rally**

DARKO VOJINOVIC/THE ASSOCIATED PRESS

Protesters chant slogans as they attend an antifascism rally in central Belgrade, Serbia, yesterday. Several hundred people attended the protest to commemorate the International Day against Fascism and Anti-Semitism. Front banner in Serbian reads: Solidarity against Fascism.

Reason to switch #18:

$250. That's enough to make my winter a little warmer.

SWITCH & GET UP TO $250

Ask us how when you visit a branch, www.tdcanadatrust.com/reasons or call 1-800-281-6562 today.

TD Canada Trust
Banking can be this comfortable

Conditions apply. See us for details. Offer ends December 31, 2009 but may be changed, extended or withdrawn at any time without notice.

Old Hebrew Bible stolen by Nazis returned

RELIGION A 16th century Hebrew Bible looted by the Nazis six decades ago was returned to Vienna's Jewish community yesterday.

U.S. Immigration and Customs Enforcement officials turned over the two-volume Bible to two Austrian emissaries during a repatriation ceremony at the Museum of Jewish Heritage in Manhattan.

Published in Venice in 1516-17, the Bible once was part of the well-known medieval manuscripts collection of S.H. Halberstam, officials said. In 1908, it was donated to the Vienna Jewish community library.

In 1938, during the annexation of Austria, Nazi soldiers confiscated the Bible in a seizure of the Jewish community's library, and the Bible later wound up in Berlin.

THE ASSOCIATED PRESS

South Korea **Human rights**

CHOI WON-SUK/THE ASSOCIATED PRESS

Anti-North Korea activists release a balloon with leaflets denouncing North Korea human rights violation at the Imjingak Pavilion near the border village of the Panmunjom (DMZ) that separates the two Koreas since the Korean War.

Murder suspect's past investigated

CLEVELAND Authorities are investigating whether a man whose home and yard harboured the remains of at least 11 people is connected to any killings in places he lived while in the military, including Japan, California and the Carolinas.

The FBI told Cleveland police that the agency will investigate any leads in the case against Anthony Sowell, 50, who served in the Marines from 1978 to 1985, said Scott Wilson, an FBI spokesman in Cleveland.

FBI behavioural specialists visited the Sowell property during the weekend and will try to develop a profile of the killings that could help determine whether investigations need to be opened or reopened elsewhere, Wilson said.

Sowell was stationed at various times at South Carolina, North Carolina, Okinawa, Japan and Camp Pendleton, Calif.

The city of East Cleveland is also reviewing three unsolved slayings in 1988 and 1989, after Sowell returned there from service in the Marines and before he went to prison for attempted rape, said Sgt. Ken Bolton, a detective for the police department in the Cleveland suburb.

Sowell has been charged in Cleveland with five counts of aggravated murder in connection with the bodies found at the home.

The FBI will review its national database of unsolved crimes for any clues to possible connections to Sowell, particularly at his military service locations, Wilson said. The first step is to get a detailed timeline of his service, Wilson said.

Police in California said a woman told them that she saw Sowell's mug shot on TV and was sure he had raped her in 1979.

THE ASSOCIATED PRESS

Bermuda prosecutor fined

TESTIMONY A prosecutor in Bermuda has been fined $1,000 for posting Facebook messages about testimony in a murder case while the trial was in progress.

The Bermudian Bar Council also issued an admonishment to Takiyah Burgess.

The council found Burgess acted improperly by posting messages describing testimony given at the February murder trial in the British Caribbean territory as "a pack of lies."

THE ASSOCIATED PRESS

News in brief

SUICIDE A New York Police Department lieutenant who committed suicide was treated by his superiors as if he had done something wrong and was afraid he might be prosecuted for ordering officers to use a stun gun on a man who fell to his death, the lieutenant's widow said yesterday.

THE ASSOCIATED PRESS

Swedish church appoints first gay bishop

Sweden's Lutheran church said yesterday it had ordained its first openly gay bishop, just two weeks after it gave priests the right to wed same-sex couples. Eva Brunne was ordained as bishop of Stockholm's diocese in a ceremony Sunday. THE ASSOCIATED PRESS

Plastic fantastic return

Canadian musician relives revolutionary past in Prague

ELIZABETH BRAW
Metro World News

In 1977, Communists had expelled Canadian Paul Wilson from the former Czechoslovakia. But when he returned to Prague earlier this month, the guards unblinkingly let him in.

"They didn't give a damn any more," he recalls. "When I walked into the Magic Lantern Theatre, where (former president of the Czech Republic) Vaclav Havel's Civic Forum had its temporary headquarters, I saw old friends I hadn't seen for 12 years. Everything was just as I remembered it, and yet nothing was the same. The fear had vanished, and it was almost as though the years during Communism were just a bad dream."

Wilson is in Prague this month to celebrate the 20th anniversary of the Velvet Revolution.

If there's a non-Czech expert on the former Czechoslovakia, it's Wilson. In 1967, he found work as an English teacher there. And unlike other Westerners, he decided to stay in Czechoslovakia permanently and became a rocker.

Wilson's band, The Plastic People of the Universe, was the Czech equivalent of the Rolling Stones. The rocking fun didn't last: In 1976, the Plastics were convicted of "disturbing the peace" and put in jail. Wilson was deported.

Canadian Paul Wilson is in the Czech Republic this month to celebrate the 20th anniversary of the Velvet Revolution.

"Fortunately, Havel managed to get people interested in our fate, thereby preventing additional arrests," explains Wilson. "He claims to not have any musical talent, but he completely understood the Plastics. His friends thought we were just a bunch of drug addicts," says Wilson.

"The fear had vanished."
Paul Wilson about present-day Prague

Wilson returned to Canada, where he issued many of the band's records. He sent the proceeds back to the band so it could buy instruments.

The Plastics are enjoying a renaissance in the Czech Republic now. Wilson recently found one telling sign of this resurgence — on a performance stage he spotted one of the pianos he'd once sent the band.

Soldiers suspended over Nazi symbols

ARMY ACTION Two Czech soldiers were suspended along with their commander yesterday after the soldiers were seen wearing Nazi insignia on their helmets while serving with the NATO-led force in Afghanistan.

Defence Minister Martin Bartak said it was "unacceptable" that two soldiers had reportedly worn symbols of Second World War Nazi SS divisions on their helmets while serving in Logar province in central Afghanistan.

In an interview with the Mlada Fronta Dnes daily, one of the men in question said his behaviour was silly and caused by stress. He was shown in a photo wearing a helmet painted with the letter H and a sword on it, an emblem of the Hohenstaufen SS division.

Their commander was suspended for allegedly knowing about the incident but failing to report it.

According to newspaper reports, the scandal was discovered by a diplomat who complained about it back in Prague.

"I am sorry this casts a shadow over the entire unit, which otherwise is doing a great job," Bartak said. THE ASSOCIATED PRESS

Czech forces

- The Czech Republic has a 480-strong unit that serves with the NATO-led force in Afghanistan.

Reason to switch #26:

A chequing account that actually makes my life easier.

MAKE THE SWITCH

Switch your chequing account and get up to $250. Ask us how.
Visit www.tdcanadatrust.com/reasons or call 1-800-281-6562 today.

TD Canada Trust
Banking can be this comfortable

Conditions apply. See us for details. Offer ends December 31, 2009 but may be changed, extended or withdrawn at any time without notice.

Study looks at DNA swap

MEDICAL SCIENCE British scientists will begin a new study today to consider how human DNA is used in animal experiments and to determine what the boundaries of such controversial science might be.

Though experts have been swapping human and animal DNA for years — like replacing animal genes with human genes or growing human organs in animals — scientists at the Academy of Medical Sciences want to make sure the public is aware of what is happening in laboratories before proceeding further.

"It sounds yucky, but it may be well worth doing if it's going to lead to a cure for something horrible," said Robin Lovell-Badge, a stem cell expert at Britain's National Institute for Medical Research, and a member of the group conducting the study.

Two years ago, controversy erupted in Britain after scientists announced plans to create human embryos using empty cow and rabbit eggs. Critics condemned the mixing of human and animal genetic material. THE ASSOCIATED PRESS

News in brief

AFGHANISTAN About 350 Taliban prisoners are believed to be on a hunger strike in Kandahar's city's notorious Sarpoza prison. They are complaining about poor food, water and health care.

FRANCE French Foreign Minister Bernard Kouchner is urging the Tunisian government to release an ailing journalist from prison so he can be hospitalized. THE ASSOCIATED PRESS

Baghdad **New cops on the march**

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Iraqi women police officers parade yesterday during a police graduation ceremony at Baghdad's Police College. Hundreds of police officers, including 50 women, graduated in the ceremony.

U.S. lawyer accused of massive scam

SEIZURE Federal agents are seizing assets from a Florida lawyer suspected of orchestrating a multimillion-dollar fraud scheme.

FBI and Internal Revenue Service agents were at the ritzy Fort Lauderdale home yesterday of 47-year-old attorney Scott Rothstein. A Miami Herald photo shows agents seizing a red Ferrari. The seizure warrants are sealed.

Rothstein is accused by investors of misappropriating $100 million or more through investments in legal settlements. No criminal charges have been filed. Rothstein's lawyer didn't immediately return a telephone call yesterday.

A judge removed Rothstein as CEO of the law firm and appointed a receiver to untangle its finances. THE ASSOCIATED PRESS

Sunny outlook for Planetary Society's latest craft
The Planetary Society announced yesterday that it will try again to launch a spacecraft that will be propelled by sunlight. THE ASSOCIATED PRESS

Iron Chef ... Obama?

First lady promotes healthy eating on TV

She's hanging with Elmo and Emeril Lagasse, Big Bird and Bobby Flay.

Michelle Obama appears on Sesame Street today and recently taped an episode of Iron Chef America, just two of the varied platforms she's been using lately to get her healthy-eating message out to the masses.

And while the first lady herself didn't appear on The Biggest Loser last week, her staff invited NBC's popular weight-loss show into its kitchen and into Mrs. Obama's famed White House Kitchen Garden.

First ladies have appeared on Sesame Street before. In fact, the show, which marks its 40th anniversary with today's season opener, has also hosted Barbara Bush, Hillary Clinton and Laura Bush. But Iron Chef and The Biggest Loser?

"We're trying to reach as many people as possible with the first lady's message of healthy eating, and by working with platforms with similar goals like Iron Chef, The Biggest Loser and Sesame Street, we're able to do just that," said Katie McCormick Lelyveld, Mrs. Obama's spokeswoman, in an email to The Associated Press.

"I think it's very smart to do what they're doing," says Ann Stock, former social secretary for the Clinton White House. "Think of all the different ways we get our information these days. If you want to educate people, you go to a variety of different venues, to nontraditional media. People aren't using one media outlet anymore."

THE ASSOCIATED PRESS

"We're trying to reach as many people as possible with the first lady's message of healthy eating."
Katie McCormick Lelyveld, spokeswoman

Gulf Coast braces for Ida's winds, heavy rains

WEATHER Some Gulf Coast residents hunkered down at home and in shelters yesterday while others ventured outside to watch the approach of a rare late-season tropical storm, which bore the threat of high winds and flooding.

Heavy rain from Ida triggered floods and landslides in El Salvador that killed at least 130 people. Near New Orleans, a 70-year-old man was feared drowned,

Yesterday evening, Ida was located about 60 kilometres southeast of the mouth of the Mississippi River. It was moving northnorthwest near 28 km/h and was expected to make land late yesterday or early today. THE ASSOCIATED PRESS

100% PERMANENT HAIR REMOVAL
OMI MEDICAL INC.
416•223•5500

The difference between OMI and everyone else is
DRAMATIC!!!
Others deliver empty promises. OMI delivers
SUCCESSFUL TREATMENT!!!
Why are we the best since 1979???
IT'S ALL WE DO!!!
Most of our new clients were treated unsuccessfully elsewhere by amateurs
SAVE YOUR MONEY!!!
What good is a cheap rate if you don't get results?
Come to the professionals at OMI and get
THE RESULTS YOU WANT!!!
www.omihair.com
OPEN 7 DAYS A WEEK
OMI on Rogers TV Channel 5 EXCLUSIVELY

Biovail Contract Research specializes in conducting clinical research trials. We are looking for healthy males who are non-smokers and free of daily medications to participate in the following studies:

Study #1 3695-C2 Males 20-45 years old
One of the following schedules:
Schedule 1 – Tuesday, November 17 to Wednesday, November 25 with 7 short return visits, compensation up to $1806 for participation.
Schedule 2 – Tuesday, November 17 to Wednesday, November 25 with 3 short return visits, compensation is up to $1714 for participation.

Study #2 3695-C3 Males 20-45 years old
One of the following schedules:
Schedule 1 – Thursday, November 26 to Friday, December 4 with 7 short return visits, compensation up to $1806 for participation.
Schedule 2 – Thursday, November 26 to Friday, December 4 with 3 short return visits, compensation is up to $1714 for participation.

Want to know more? Go online at
www.biovail-cro.com
or call (416) 752-3333
BIOVAIL Contract Research

FLIGHT CENTRE® Unbeatable

Sun Airfares

Cancun $188
Travel Nov 16 - Nov 23/5g + taxes & fees $272

Orlando $39
Travel Nov 22 - Nov 29/wg + taxes & fees $216

Ft Lauderdale $59
Travel Dec 3 - Dec 10/ts + taxes & fees $217

Jamaica $145
Travel Nov 27 - Dec 4/wg + taxes & fees $268

Cozumel $165
Travel Nov 15 - Nov 22/wg + taxes & fees $277

Varadero $178
Travel Nov 14 - Nov 21/5g + taxes & fees $206

La Romana $199
Travel Dec 7 - Dec 14/5g + taxes & fees $320

Airfares

Mont Tremblant one-way $99
Travel Jan 10/pd + taxes & fees $55

London $119
Travel Nov 22 - Nov 29/wg + taxes & fees $395

New York $198
Travel Nov 17 - Nov 24/pd + taxes & fees $116

San Francisco $399
Travel Dec 2 - Dec 9/aa + taxes & fees $130

Delhi $699
Travel Nov 25 - Dec 9/kl + taxes & fees $419

Cruise Vacations

French Polynesia
10-Night Cruise
$749
Pacific Princess + taxes & fees $205
CRUISE Huahine, Rangiroa, Raiatea, Bora Bora and Moorea. Roundtrip Papeete. Sails Nov 28/pcl.

Eastern Caribbean
7-Night Cruise $335
Norwegian Pearl + taxes & fees $94
CRUISE Samana Bay, St. Thomas, Tortola and Great Stirrup Cay. Departs Miami. Sails Dec 5/ncl.

Hawaiian Islands 7-Night Cruise $671
Pride of America + taxes & fees $71
CRUISE Maui (overnight), Hilo, Kona and Kaui (overnight). Departs Honolulu. Sails Nov 21/ncl.

Adventure Tour

South Africa World Cup
8-Day Tour
$869
Durban to Port Elizabeth World Cup Overland taxes & fees included
HIGHLIGHTS World Cup match viewing, Drakensberge (Royal Natal National Park, Golden Gate National park), Mountain Zebra National Park, Addo Elephant Park, Bloemfontein, Port Elizabeth, game drive (own vehicle) and visit to floodlit waterhole at night. Departs Durban. Departs Jun 23/gap.

All-inclusive Vacations

Puerto Vallarta
7 Nights 4-Star
$397
Royal Decameron Complex + taxes & fees $272
Departs Dec 3/nol/ts.

Santa Lucia 7 Nights 4-Star $405
Oasis Brisas + taxes & fees $210
Departs Nov 18/swg/wg.

Varadero 7 Nights 4-Star $455
Mecure Playa de Oro + taxes & fees $210
Departs Nov 24/swg/wg.

Punta Cana 7 Nights 5-Star $567
Riu Bambu + taxes & fees $322
Departs Dec 5/sqv/5g.

Margarita Island
7 Nights 4-Star $627
Hotel Dunes + taxes & fees $357
Departs Jan 26/nol/c6.

Jamaica 7 Nights 4-Star $647
Holiday Inn Sunspree + taxes & fees $269
Departs Dec 6/nol/5g.

Los Cabos 7 Nights 4-Star $650
Presidente Intercontinental + taxes & fees $182
Departs Dec 3/sqv/5g.

St Maarten 7 Nights 4-Star $948
Sonesta Maho Beach + taxes & fees $240
Departs Nov 14/vat/ts.

Vacations

Las Vegas
Air + 4 Nights
$235
Circus Circus + taxes & fees $241
INCLUDES accom on the strip.
Departs Nov 29/swg/wg.

New York Air + 2 Nights $479
Millenium Hilton + taxes & fees $116
INCLUDES Manhattan accom. Departs Nov 20/ggv/aa. ADD roundtrip transfers for $40.

Walt Disney World Resort Family Special
Air + 7 Nights + Park Passes $489*
Disney's All Stars Music Resort + taxes & fees $217
INCLUDES 6-day Magic Your Way Base Tickets.
BONUS transfers included. Departs Nov 22/ggv/wg.

Phoenix Air + 4 Nights 4-Star $689
Pointe Hilton Tapatio Cliffs + taxes & fees $138
Departs Jan 13/ggv/nw.

Hawai'i Air + 7 Nights $999
Ohana Waikiki West + taxes & fees $117
INCLUDES Waikiki accom. Departs Dec 1/ggv/aa.
ADD roundtrip transfers for $32.

Maui Air + 7 Nights $1099
Ashton at the Maui Banyan + taxes & fees $113
Departs Nov 24 or Dec 1/ggv/ws. ADD car rental with unlimited mileage from $26 per day.

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!†

1 866 485 7092 | flightcentre.ca

Conditions apply. ExToronto. USA and international air only prices are per person for return travel unless otherwise stated. Domestic air only prices are per person for one-way travel unless otherwise stated. Package, cruise, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. *Family Special based on quad occupancy (2 adults & 2 children 3-9 years old). 5g=skyservice, swg/wg=sunwing, vat/ts=transat, c6=canjet, pd=porter, wsv/ws=westjet, ua=united, aa=american, acvlac=air canada, kl=klm, nw=northwest, ggv=gogo, gap=gap adventures, sqv=sunquest, nol=nolitours, pcl=princess, ncl=norwegian. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

GM meets with Opel to discuss future
The chief executive of General Motors Co. met with leaders of its Opel unit yesterday to discuss the European subsidiary's automaker's future, a week after GM abruptly decided to keep it instead of selling a majority stake. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 94.57¢	US $4.67	US $79.43	11,486.88
US 1.57¢	US 7.5¢	US $2.00	236.46

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM announces $90M investment in Ontario plant

VENTURE General Motors Canada will invest $90 million in its joint-venture facility in Ingersoll, resulting in the recall of about 150 laid-off employees.

The investment, announced yesterday, will allow GM to retool one of the plant's body shops in order to increase manufacturing capacity and meet strong demand for its 2010 Chevrolet Equinox and GMC Terrain.

Production

- The added capacity will result in production of an additional 40,000 vehicles annually for the Canadian and U.S. markets at the CAMI facility in Ingersoll.

"This investment is an excellent example of what happens when you get the product right. If the product is right, everything else follows — increased production, increased employment and strong market demand," said GM Canada president Arturo Elias.

The Ingersoll plant has been a major beneficiary as GM ramps up production to meet demand.

THE CANADIAN PRESS

Modern Warfare **Video gamers unite**

PAUL SAKUMA/THE ASSOCIATED PRESS

A shopper eyes an ad last week for A Call of Duty: Modern Warfare 2 posted at a GameStop in Redwood City, Calif. It's being touted as the biggest entertainment launch ever.

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

OWN A HOME • NO MONEY DOWN
Artisan Financial Services Inc.
"Turning more renters into home owners than anyone else since 1995"
Do You Spend $1150 On Rent?
You CAN Own A Home!
Let Us Show You How...
Apply Today: www.ArtisanFinancial.ca
or call: 416-679-9799 • 1-866-993-0099

Forget 'Buy American'

Think-tank proposes a Buy Canada strategy

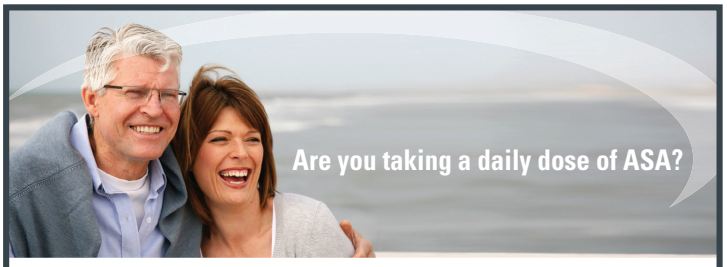
Canada would be better off living with U.S. President Barack Obama's "Buy American" provisions than trying to strike a deal that gives up the autonomy provincial and municipal governments enjoy to enact their own buy-local policies, a new think-tank analysis suggests.

The briefing paper by the left-leaning Canadian Centre for Policy Alternatives — to be released today — concludes that Ottawa should focus its efforts on developing its own Buy Canada policy.

"Our governments should emulate what is best in the U.S. buy-local procurement policies ."
Canadian Centre for Policy Alternative

"Instead of tilting at the windmill of an unattainable exemption (from Buy American), our governments should emulate what is best in the U.S. buy-local procurement policies and employ them to benefit Canadians," the paper concludes.

THE CANADIAN PRESS



BIOVAIL CONTRACT RESEARCH, a recognized leader in the clinical research industry, is conducting a clinical study involving an investigational medication.

We are currently looking for:
Adults who are taking a daily dose of ASA (acetylsalicylic acid or Aspirin):
- **who are 65 years or older OR,**
- **who are 18 years or older with a history of peptic ulcers**

If you qualify, we'd like you to take part.

Study participants will be compensated up to $3,510.

Want to know more? Contact us at **www.biovail-cro.com or call (416) 752-3333**

BIOVAIL Contract Research

Business in brief

BOOKS The latest chapter is about to unfold in a four-year-old copyright lawsuit over Google's ambitious book-scanning project. Google Inc. and the publishers suing the company have until the end of today to come up with a new settlement. A proposed $125-million settlement would give Google digital rights to those works.

CANDY British candy maker Cadbury PLC rejected a renewed $16.4-billion hostile bid from Kraft Foods Inc. yesterday after the U.S. company refused to sweeten a previous offer following a shift in the share prices of both companies. THE CANADIAN PRESS

Ready for your MBA?
Toronto MBA Fair
Saturday, November 14, 2009
Metro Toronto Convention Centre
U of Toronto, York, Queens, McMaster, Ivey, ESADE, Cranfield, HEC Paris, HEC Montreal, NYU, UCLA and more!
THE MBA TOUR
Your future begins here
Spaces are limited. Register today!
www.TheMBATour.com

CHEK-TV station in Victoria sold

Canadian Radio-television Telecommunications Commission has approved the sale of CHEK-TV station in Victoria to a private company. THE CANADIAN PRESS

Stock market surges as U.S. dollar weakens

The Toronto stock market jumped about two per cent yesterday to add to last week's strong advance as oils and metals benefited from a falling U.S. dollar and spearheaded a broad-based advance.

The S&P/TSX composite index surged 236.46 points to 11,486.88 after rising about three per cent last week despite employment reports from Canada and the U.S. that came in much worse than expected.

Investors consoled themselves that interest rates were unlikely to rise in such a weak economic environment.

"This money is looking for an entry point into the marketplace."
Irwin Michael, portfolio manager

And they got good news from the weekend gathering of officials from the G20 countries, including Canada, that governments are in no hurry to cut off stimulus measures.

Irwin Michael, portfolio manager at ABC Funds, noted that investors worldwide have about $12.6 trillion in those funds, with Canadian investors holding around $1 billion.

"This money is looking for an entry point into the marketplace, most people being very finicky and very nervous," he said.

THE CANADIAN PRESS

Mega Brands gets $72M settlement

TOYS Mega Brands Inc. has won a $72-million settlement related to its ill-fated acquisition of the Magnetix line of magnetic toys.

Under the settlement with Lawrence, Jeffrey and Sydney Rosen, who sold their Rose Art business and its Magnetix product line to the Montreal-based maker of Mega Bloks and other toys, Mega Brands will receive $17.2 million cash.

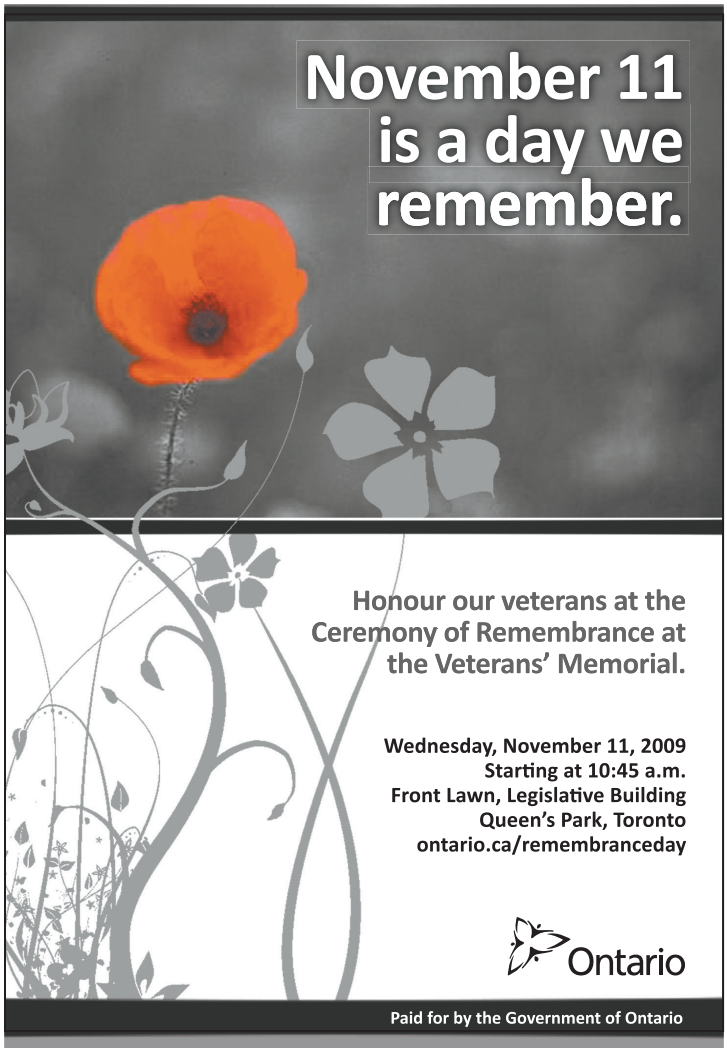
The Rosens will also drop claims totalling $54.8 million against the company.

The Rosens filed suit in 2006 claiming additional payments and compensation related to their sale of Rose Art.

Mega Brands countersued.

Mega Brands claimed the Rosens withheld information about serious defects in the Magnetix product line, which had to be recalled and redesigned after it was learned the magnets could come loose and be swallowed by children.

THE CANADIAN PRESS

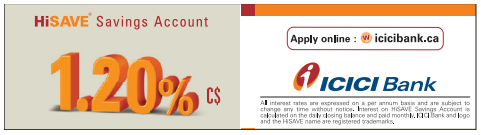


Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.80%	1.20%	1.05%	1.00%	0.75%	1.25%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



On the web

Money Matters:

• Henry Choo Chong says a proposal to change the laws governing employment insurance benefits may bring self-employed workers some relief. Visit **metronews.ca/moneymatters** to read his column.

Investing:

• Allan Small discusses unemployment and how the market seems to shrug off the bad news and move higher. Visit **metronews.ca/investing** to read his column.

Charity without the pinch

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Alison's money rule

• Feed your soul this holiday season by focusing charitable efforts on a local shelter.

My adult daughters usually can't recall what mom and dad put under the tree after a few months have passed, but they both remember in vivid detail what we did for people whose names we will never know.

Over the years we've given out Christmas boxes to low-income families, made sandwiches for the homeless and stuffed stockings for a women's shelter. Last year, we joined the Basketeers (www.basketeers.ca) and had fun filling a laundry basket full of household items to help abused women set up a new home. The best part was going to the collection centre and ogling the wonderful baskets — most far better decorated than ours! We'll do better this year.

That's the sermon, now here's the advice — if you're thinking of putting a shelter at the top of your holiday list start planning now as most of them like to have holiday donations in hand by early December.

You don't have to spend lots in order to make a difference. Here are a few suggestions.

• Re-gift without guilt. Avoid the disaster of giving a present back to the person who gave it to you by redirecting it to a shelter. I have a lovely wrapped cosmetic bundle I'll never use and my daughter has a new kettle she got at a wedding shower. Both are going into this year's Basketeers offering.

• Use your points. Last year I cashed in Air Miles reward points to buy theatre tickets with drinks and popcorn. Everyone needs a little treat in the holiday season.

• At your office party suggest adopting a local shelter and have everyone bring something to contribute instead of a gift exchange.

• Check with the shelters to find out what they need before you donate.

• Don't forget the gift receipt. This will be appreciated if an item doesn't fit or the recipient needs an iron more than a hair dryer.

Giving to local shelters is helping someone make a fresh start, something particularly appropriate in this season of renewal.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

SPECIAL PROMOTIONAL OFFER

Book a cleaning & whitening for only $168 NO TAX!

Limited time offer. Insurance Accepted.

Book today.

Call 416-488-9800

www.independentdentalhygiene.com

independent DENTAL HYGIENE CENTRES

No cash value. Promotion not valid with any other offer. Terms & conditions apply.

BEST BUY · CELLULAPOINT · FUTURE SHOP · Walmart · Zellers

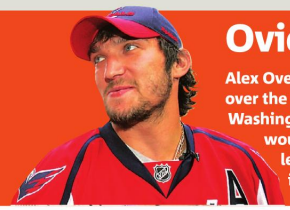
Koodo shop

Bramalea City Centre, Burlington Mall, Cambridge Centre, Centerpoint Mall, Conestoga Mall, Devonshire Mall, Dixie Outlet Mall, Dufferin Mall, Eastgate Square, Fairview Mall, Fairview Park Mall, Georgian Mall, Lansdowne Place, Lime Ridge Mall, Lynden Park Mall, Mapleview Shopping Centre, Markville Shopping Centre, Masonville Place, Northgate Shopping Centre, Oakville Place, Oshawa Centre, Pen Centre, Pickering Town Centre, Scarborough Town Centre, Sherway Gardens, Square One, Stone Road Mall, Tecumseh Mall, The Promenade, Toronto Eaton Centre, Upper Canada Mall, Vaughan Mills, Westmount Shopping Centre, White Oaks Mall, Woodbine Centre, Yorkdale Mall

(1) Subject to approved credit.

Lombardi hits Broadway
Vince, a play about the legendary Green Bay Packers coach Vince Lombardi, is planned for New York next season. The play by Eric Simonson will open during the fall of 2010. Lombardi coached the Packers from 1959-67, winning five league championships in nine years. THE ASSOCIATED PRESS

Sports



Ovie's overstated injury

Alex Ovechkin, left, says he was joking when he told a reporter over the weekend that he could be out more than a month. The Washington Capitals star practised lightly yesterday and said he would actually miss about a week. He hasn't played since leaving a Nov. 1 game against Columbus after he was hurt in a scrum. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Raptors Driving the lane

ERIC GAY/THE ASSOCIATED PRESS

Toronto's DeMar DeRozan scores over San Antonio's Antonio McDyess last night as the Raptors visited the Spurs. For a complete game recap, visit metronews.ca/sports

Leafs not opposed to second NHL team in T.O., Burke says

The Toronto Maple Leafs are not opposed to a second NHL team setting up shop in the Greater Toronto Area.

"If the league ever comes to us and says: 'Look guys, it's time,' and makes the case, then we've got to listen," Burke said in an interview. "You've got to make the case.

"It's no different from when people have said: 'We'd like another team in Winnipeg.' So would we. Quebec City? Great, make the case. Show me that you have a building that can generate NHL economics. In this case here, show me the team works here without unduly harming the two existing teams (Toronto and Buffalo)."

"This whole thing where a guy wants to hijack a team and move it here without league approval is very different."
Brian Burke, Maple Leafs general manager

Burke made his comments outside a sports management conference he had been hosting that had earlier discussed the issue of franchise relocation. NHL deputy commissioner Bill Daly — who had been front and centre on the Phoenix Coyotes bankruptcy case — said the league had the power to put a second team in Toronto even if the Leafs objected.

"Ultimately, if it makes sense from a league perspective, I'm sure it will happen," said Daly. "But that doesn't mean that's any time in the foreseeable future."

The relocation issue had been one of the central issues argued in a Phoenix courtroom, and a letter from the Maple Leafs to the league disputed the NHL's position on relocation. The Leafs had otherwise offered a series of no comments during the bankruptcy hearings.

Burke suggested that letter — produced by billionaire Jim Balsillie's legal team as evidence of an antitrust — had not been the Leafs' position.

"The Toronto Maple Leafs have never taken the position that if the league comes to us and makes the case that this makes sense for the National Hockey League, that we won't look at that. We never said that," said Burke. "This whole thing where a guy wants to hijack a team and move it here without league approval is very different."

TORSTAR NEWS SERVICE

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

TFC pair called to national squads

SOCCER A pair of Toronto FC players have been called for international duty.

Midfielder Amado Guevara of Honduras, who is to undergo off-season knee surgery according to TFC general manager Mo Johnston, is slated to play Latvia at home in Tegucigalpa Saturday.

Johnston said two weeks ago that following that game Guevara will have surgery to repair a problem that nagged him for the final few weeks of the season and Honduras' successful World Cup qualifying campaign.

Rookie defender Lesly Fellinga, who signed with TFC in August, is joining Haiti in advance of a Saturday game against Congo and a second game in Europe Nov. 18 against a yet-to-be determined team.

TORSTAR NEWS SERVICE

Gustavsson takes over as Leafs' No. 1

MONSTER Vesa Toskala take a seat. The end of the bench will do just fine.

Jonas Gustavsson has taken over as the Maple Leafs No. 1 goaltender.

While Toronto coach Ron Wilson doesn't speak in such absolutes about his netminding situation, he doesn't have to. When Wilson started Gustavsson on consecutive nights on the weekend, it was a experiment to see if the 25-year-old rookie, and his previously tender groin, could handle it.

"Right now all Vesa can do is stay ready in practice and be ready when called upon."
Ron Wilson, Maple Leafs head coach

Gustavsson turned aside 69 of 72 shots in victories over Carolina and Detroit for Toronto's first two-game win streak of the season.

"Obviously he passed that test with flying colours. So right now all Vesa can do is stay ready in practice and be ready when called upon," said Wilson after yesterday's practice.

"It's strictly, if you win and you're playing well, you get back in. It's exactly what you want. There's no controversy here or anything like that. (Gustavsson) is playing well. Sure, Vesa wants to play but this kid, he deserves the shot to play and we're playing well in front of him."

TORSTAR NEWS SERVICE

Sports in brief

OLYMPICS Tokyo's governor says he wants to bid for the 2020 Summer Olympics — a month after the city lost out to Rio de Janeiro for the rights to host the 2016 edition. Government officials said the governor was expressing a personal view and another bid would need approval from the city assembly.

SOCCER A referee chosen to officiate at next year's World Cup has been suspended for the rest of the Brazilian League season for repeated mistakes. The suspension of Carlos Eugenio Simon was announced yesterday. METRO NEWS SERVICES

Give Yourself the Gift of Health
First Month FREE
Limited time offer! Results guaranteed.
Call for your free, no-obligation consultation
1-800-254-5023
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES
†See in-store for details. Offer available until December 5, 2009. Herbal Magic © 2009. All rights reserved.

Giguere set for Anaheim return

The Anaheim Ducks have reassigned goalie Justin Pogge to the minors, clearing the way for Jean-Sebastien Giguere's return. Giguere hasn't played since Oct. 24 while resting a groin injury. Before Giguere was hurt, the former playoff MVP was 0-2-1 with a 3.65 goals-against average. THE ASSOCIATED PRESS

Halladay to Boston?

Rumours swirl as MLB general managers gather in Chicago

If the Boston Red Sox really are interested in trading for ace Roy Halladay, Jays' general manager Alex Anthopoulos isn't saying.

As the general managers' meetings opened yesterday in Chicago, rumours about a future destination for Halladay, a free agent after 2010, surfaced again. Boston radio station WEEI reported on its website yesterday that even though the Jays are contemplating keeping Halladay, the pitcher has identified the Red Sox as a team to which he would accept a trade.

Halladay, who has won 148 games in 12 seasons with the Jays, has a no-trade clause in his contract and is scheduled to make $15.75 million US in 2010, the final year of his deal.

After his first day at the GM meetings, Anthopoulos said he had touched base with 27 of other 29 general managers present at the Chicago Airport Hilton, but wouldn't reveal if any of them had inquired about Halladay.

And he doesn't plan to.

"(Discussing potential trades) makes it much more difficult to do my job," he said. "The more quiet we can keep this, the easier it is ... we're going to do our best to keep it quiet."

Anthopoulos' commitment to keeping quiet on Halladay marks a stark contrast with his predecessor, J.P. Ricciardi, who helped spawn a month's worth of trade speculation when he told several U.S. outlets in July that the Jays would listen to trade offers for Halladay.

That strategy led to plenty of rumours — including one that had Halladay going to the Sox in exchange for Clay Buchholz — but no results.

Roy Halladay

But even if Anthopoulos isn't discussing details with the media now, the team's desire to move Halladay is hardly a secret. As trade rumours trailed him throughout the summer Halladay maintained that he loved playing in Toronto, but his focus for the future was playing for a contender.

And Anthopoulos himself acknowledged in a weekend conference call that in a recent conversation with Halladay, the pitcher "stressed that his timeline for winning and ours may not mesh."

Meanwhile, as the first-year general manager moves deeper into the first season of the Blue Jays "building" project, he also must decide whether to retain a group of popular but aging free agents.

Last Friday, infielders Marco Scutaro and John McDonald formally filed for free agency. Catcher Rod Barajas filed for free agency yesterday.

"In a vacuum I'd like to have all of them back, but it might not be best for the team in terms of the alternatives that are out there," Anthopoulos said.

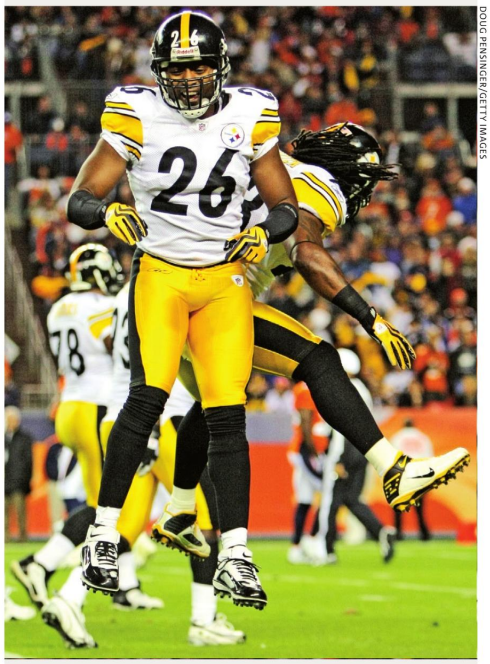
Designated hitter Kevin Millar also filed for free agency last week.

TORSTAR NEWS SERVICE

Roster moves

- The Jays added two players to their 40-man roster yesterday, selecting first baseman Brian Dopirak's contract from their triple-A farm club in Las Vegas, and claiming infielder Mike McCoy on waivers from the Colorado Rockies.

NFL Steeler steals a pass



DOUG PENSINGER/GETTY IMAGES

Pittsburgh's Tyrone Carter celebrates with teammate Deshea Townsend after returning an interception for a touchdown last night against the Denver Broncos. **For a complete game recap, visit metronews.ca/sports**

Gretzky shows up for Hall induction

HOCKEY Wayne Gretzky decided to put his friends ahead of any lingering awkwardness with the NHL.

The Great One has been keeping a low profile since stepping down as coach of the Phoenix Coyotes, but turned up for the Hockey Hall of Fame's induction ceremony last night.

It's one of the showcase events on the league's calendar and Gretzky thought it was important to come out in support of inductees Steve Yzerman, Brett Hull, Brian Leetch, Luc Robitaille and builder Lou Lamoriello — five men he knows well.

"It's a great honour for them," Gretzky told a large scrum of reporters at the Hall. "Obviously outstanding hockey players, they're all champions, and they're all really great guys ... I played with most of those guys, other than Stevie, and we played in a World Cup together.

"It's a nice day for everyone."

Gretzky played with Robitaille (L.A.), Hull (St. Louis) and Leetch (N.Y. Rangers), and shared a number of Team Canada assignments with Yzerman.

THE CANADIAN PRESS

Sports in brief

BUFFALO Bills quarterback Trent Edwards expects to be cleared to play this weekend after missing nearly a month recovering from a concussion. Edwards says he feels rested after practising yesterday in Buffalo's first workout since a four-day break because of the bye week. Edwards feels "ready to go" but hasn't been informed if he will start Sunday against Tennessee.

BASEBALL The Red Sox exercised their $7.7-million (all figures U.S.) option on Victor Martinez and declined options on Jason Varitek and Alex Gonzalez yesterday. Boston also agreed to a $5-million, two-year contract with 43-year-old knuckleballer Tim Wakefield, replacing a perpetual $4-million annual club option.

METRO NEWS SERVICES

Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on Dec. 1.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Schools tackle H1N1

ANDREA WOO
for Metro Canada

As H1N1 counterattacks are well underway in hospitals and doctors' offices across the country, colleges and universities are also stepping up their efforts to ensure the safety of students.

At the University of Victoria, where several cases of H1N1 were diagnosed among students and staff during the summer and early fall, an advisory planning group has met weekly since July to manage response and develop preventative measures.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously," said Patty Pitts, UVic's manager of media relations.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously." Patty Pitts, University of Victoria

Food services is also developing a "grab and go" meal service, so sick students can avoid infecting others by not eating in the communal dining room. Also, fridges stocked with nutrition packs, soup, juice and Jello have been installed in various residence locations.

Pitts says the university has also established "self-contained rooms" where students who need to be separate from their residence communities can be housed; however, they have not yet had to use them.

For the fall 2009 semester, doctors' notes are not required for absences of less than two weeks.

Similarly, the University of Calgary has launched an information campaign to let students know how to stay healthy through basic hand-washing and other preventative measures.

"It also makes sure that students and staff are aware of all the health services available on campus and in the larger Calgary community if they are sick," said Grady Semmens, associate director of media relations.

As well, it has set up hand-sanitizer stations in high-volume areas, stockpiled protective gear such as gloves and masks in its residences and is in discussion with Alberta Health Services about the possibility of providing H1N1 vaccinations on campus.

It has also relaxed regulations requiring students to provide a doctor's note if they have missed more than five days of school due to flu illnesses.

At York University, the institute's Pandemic Planning Committee has installed hand-sanitizer stations in high-traffic areas and posted hand-washing posters in all washrooms and cafeterias.

Students sick with flu-like symptoms are asked to stay home and arrange a deferred standing agreement upon their return.

Students sick with flu-like symptoms are asked to stay home.

Alex Bilyk, York's director of media relations, said there are no significant of H1N1 cases to report.

U of Ottawa prof set to discuss health risks at WHO event

A professor from the University of Ottawa will be discussing health risks and H1N1 in France next month.

TRACEY TONG
tracey.tong@metronews.ca

A professor from the University of Ottawa hopes to gather perspectives from around the world in terms of risks such as H1N1 and beyond, when she attends an international working group in Lyon, France, next month.

From Dec. 1 to 3, Louise Lemyre — a professor at uOttawa's School of Psychology and the McLaughlin research chair on the psychosocial aspects of risk and health — is attending a group assembled by the World Health Organization to discuss the communication of health risks, as well as the H1N1 virus.

The objective: To devise a worldwide training and assessment strategy as part of an international policy on health risk communication.

Although H1N1 is one of the risks to be considered, "the strategy will be more generic," said Lemyre. "It will also cover transmission from animals, risk from food, and other risks," she said.

While Lemyre will be there as a part of the Canadian representation, there will be representatives from all over the world.

The working groups are interactive, and Lemyre said she'll bring her experience and "will learn strategies from other countries that can be applied here in Canada."

A social psychologist in population health, Lemyre's research area is how ordinary people perceive and understand risk and what drives their motivation for prevention, she said.

"Currently H1N1 is a big concern and every country is trying to deal with the second wave, but we need to adapt the strategy for any other risk ... like a natural disaster or other emergent risks," she said.

"We don't always have all the information about new risks, because the science and knowledge and data aren't there yet. People have to learn to work with uncertainty," she said.

And it's essential to exchange information, she said, "because different (countries) have experiences at different stages than us. It shows us how to adapt in terms of a different context.

"It opens up their views and their interpretation and also helps Canada to better understand the citizens who come from those countries and have had different experiences," she said.

Lemyre will incorporate the results of the working group into her work.

Specialized training for today's health care careers!
• Morning/Afternoon/ Evening classes
• Job placement assistance
• Financial Assistance (for those who qualify)
If you want a career where you truly make a difference in the lives of others...
CALL TODAY!
Medix School
North York 416-630-8021 • Scarborough 416-701-1201 • Brampton 905-487-1163
www.medixschool.ca
REAL PEOPLE, REAL TRAINING, REAL JOBS

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 1.

'Don't spread yourself thin': Doc

RAFAEL BRUSILOW
for Metro Canada

Trying to juggle work, school and health can sometimes make your life feel like a circus act, but with the right approach, even the busiest people can come out smiling.

The first step is to make a list of all the things competing for your time, be they family and friends, school work, career obligations or just finding time to cook healthy and work out and take stock of how crucial each item is to your life. When you take a tally of all the things putting pressure on you in your life, it's a lot easier to see healthy living as a process of managing stress while maintaining good habits.

Dr. Kashif Pirzada, a Canadian doctor of emergency medicine, says that rather than trying to succeed at all parts of your life at once, it's important to focus on one aspect of your life at a time because your emotional workload will be more manageable and your results will be better in the long run.

"Don't spread yourself thin tackling everything right away; instead, try to be good at a few things at a time. Rather than trying to do it all at once, pick the things that are most important to you, then prioritize and manage accordingly," Pirzada said.

While workplace and classroom pressures can sometimes feel daunting to handle, maintaining a positive outlook is crucial in keeping yourself emotionally prepared for success. Negative energy leads to a negative approach while positive thinking opens you up to a better chance of succeeding.

"Always have a good attitude and keep your mind open to healthy possibilities. The right attitude has a big effect on your overall well-being and it's never too late to change your ways," Pirzada said.

Slotting away time in advance to go to the gym makes it much more likely you'll do it, experts say.

Elizabeth Scott, an American stress management coach and contributor with About.com, suggests that once you've made a decision to start a new healthy habit or take positive steps in your life, put your commitment down in writing to make sure you include it as part of your schedule. Slotting away time in advance to cook a healthy meal or go to the gym makes it much more likely you'll do those things, since they become a part of your itinerary rather than just general, unspecified plans.

Scott also recommends enlisting friends and family to help you stay on track. Letting people you trust in on your stress and health management goals can make them into an invaluable resource.

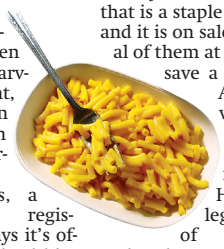
"You'll find much more success if you have others who are helping you along the way. Not only will they give you support when you need it, but you'll also have them to answer to if you feel like skipping your new stress management practice, and this will make it harder for you to make excuses and quit," Scott wrote.

Most important of all, remember that there are plenty of people in a similar boat, with similar pressures and a similar commitment to themselves, so don't feel like you're alone.

Buy in bulk to save cash, dietitian advises

ANDREA WOO
for Metro Canada

Fast food, Kraft dinner and Ramen have long been staples of the starving college student, but being tight on cash doesn't mean having to eat poorly, say experts.



Kristen Reaves, a Vancouver-based registered dietitian, says it's often cheaper and healthier to prepare foods at home. One tip she recommends is to buy in bulk.

"Buying in bulk will always save money, whether it's eggs, yogurt or meat," she said. "If you can buy a box of chicken breasts as opposed to a single one at the deli, (you) will save bundles."

She also suggests looking in flyers and online for coupons.

"If you find something that is a staple in your diet and it is on sale, buy several of them at that time to save a little cash."

Anthony Bevan, a chef, author and faculty member at Humber College Institute of Technology and Advanced Learning, says ethnic food stores are great places to buy healthy foods at discount prices.

"I go to my local Chinese supermarket for fish," he said. "The fish is cheaper and fresher, because of the turnover. They're selling a large quantity."

Ethnic food stores also often carry fruits and vegetables for prices below that of chain supermarkets.

The key to eating well, according to both Reaves and Bevan, is to eat a variety of foods, such as whole grain pastas, fruits, vegetables and proteins. Reaves says one's plate should be one-quarter carbohydrates, one-quarter protein and half vegetables.

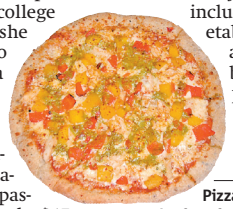
Lesley Chang, a 27-year-old first-year public relations student in Vancouver, is a self-proclaimed "starving college girl." Still, she manages to maintain a fairly healthy diet — bagels, salads, vegetables, tuna, pastas — on only $45 every other week.

"I'll buy of lots of pasta when it's cheap, or make tuna casserole and freeze it so I can heat it up later," she said.

Bevan also notes that not all fast foods are created equal.

"Pizza is not a bad food," he cited as an example. "Pizza contains food from all the four food groups, as opposed to something like fish and chips, that's all deep-fried and fat-laden."

Healthy snack options include popcorn, vegetables with dip, an apple with a tablespoon of peanut butter and small sandwiches on whole-grain bread.



Pizza has food from all the four food groups and is not a bad food, experts say.

TORONTO'S HANDS-ON RECORDING ARTS COLLEGE

OPEN HOUSE!
SATURDAY NOVEMBER 14TH
12:00PM - 5:00PM

Come by for a tour of our 5 studios, and see why TARA offers the most relevant accredited recording arts education in Canada.

TARA THE AUDIO RECORDING ACADEMY
REAL LIFE. REAL EXPERIENCE. REAL EDUCATION.
THE AUDIO RECORDING ACADEMY

416.603.3338 | INFO@TARATORONTO.COM | WWW.TARATORONTO.COM

LOOKING for a new career that is EXCITING and has exponential GROWTH? Love to TRAVEL?

DISCOVER Lambton College Program in HOSPITALITY AND TOURISM MANAGEMENT and WHERE it will take you.

Offered collaboratively with Novotel, North York and Liaison College, Downtown. Meet World-Renowned Chef Instructor and other Hotel industry Experts.

FREE INFO SESSION
Tuesday, November 17th @ 6:30 pm
Saturday, December 5th @ 10:00 am
Limited space. Call Now to RSVP your seats. 416.292.9938
REGISTERING students for January 2010 intake.

Other programs offered:
Business Diploma, Graduate Certificates in Accounting, HR and Business Management

416.292.9938
apply@yorkcollege.ca
North York City Centre (on subway line)
YORK COLLEGE OF BUSINESS
www.yorkcollege.ca

HERZING COLLEGE

Earn a diploma in one year or less and start your career in:
Legal Assistant
Law Clerk
or Police Foundations

Classes Forming NOW!
1-888-NEW-CAREER
1-888-(639-2273)

www.herzing.edu Toronto Eaton Centre Campus

Serve and Protect Your Community
Police Foundations

Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.

To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.

Career opportunities that may be available include: Ontario Police Services, RCMP, Canadian Armed Forces, By-law Enforcement, Private Police, Campus Police, Private Security Agencies, Airport Security, TTC Constables, Border Security, Correctional Services and Security for special events, concerts, sporting events, industrial & commercial, residential, retail, casinos etc.,

For an exciting career in any of these fields call:
1-888-639-2273

Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on Dec. 1.

Opportunity of a lifetime

RAFAEL BRUSILOW
for Metro Canada

Most students would be content with wearing couture fashion, yet George Brown College student Alexis Northwood actually got to research the sacred archives of one of the world's top fashion houses.

Northwood, 25, got the opportunity of a lifetime when she flew to Paris to work as a researcher on a new book about Christian Dior written by Royal Ontario Musuem senior curator Alexandra Palmer. The book, titled simply Dior, examines the seminal years of Dior's rise as a creative force in the fashion industry and required extensive research to find archival photographs and documents that showcased Dior's skill and style through his clothing.

Palmer, an author of multiple books on fashion, got to know Northwood when she was a student in one of her classes a few years ago. When she needed to send a researcher to dig through the Dior archives, Palmer knew Northwood was an ideal choice.

"Alexis is extremely personable and sensitive to time issues and constraints. She knew the project and she knows me. She was fantastic," Palmer said.

RAFAEL BRUSILOW/FOR METRO CANADA

George Brown College student Alexis Northwood went to Paris to work as a researcher on a new book about Christian Dior.

Northwood, who currently studies international fashion development and management at George Brown, says the experience of researching the Dior book in Paris was incredibly educational — and fun.

"To be able to go to Paris, to browse through the Dior archives unrestricted, it was one of the best times of my life," Northwood said.

With an enormous archive to dig through, Northwood had her work cut out for her to find and catalogue thousands of images for the book. She would send copies of the best photos she found to Palmer to select from, though after a few times, Northwood almost always knew which photos Palmer would pick even before she had seen them.

"I always knew which photo she would pick — it wasn't necessarily the best quality image, it was the one that told the best story," Northwood said.

While she's certainly proud of the work she did, Northwood is just thankful for what she calls a stroke of luck that let her be a part of the whole process.

"Of course there's a huge sense of pride that I was entrusted with these materials and that Alex trusted me with her book. But I realize that so much of it was timing that just sort of happened by chance. It was just a combination of timing with people placing a huge amount of trust into me," Northwood said.

Plan can help you stay healthy

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

As a full-time post-secondary student, taking the necessary steps to get or stay healthy when you need to focus on your studies can be made easier by a benefits plan.

Your medical financial burdens may be alleviated if you are enrolled in your school's insurance plan, and you only have to pay a portion of the total cost of necessary prescriptions or services. Of course every school has a different insurance plan, so be sure to get the information that's specific to your institution's coverage.

Having a medical insurance plan can also help you if you are planning a winter break getaway. When travelling to some Caribbean islands, most doctors recommend being vaccinated against hepatitis A/B and taking malaria pills prior to your departure date. These expenses may be covered by your plan so be sure to prepare in advance of your trip.

Medication coverage is not the only benefit to a health plan. Some plans also include coverage for naturopathic medicine, chiropractic care and physiotherapy services. For most insurance claims, the practitioners must be licensed, certified or registered. So make sure you clarify this first. A number of schools have medical clinics and may offer specialty services on campus.

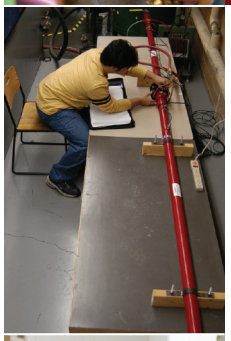
Depending on your plan, you may be able to add a spouse or dependent to your coverage. Read through your manual carefully and look at the allotment you are given each year. All services, including routine dental procedures and vision care, may come with a maximum allocation per year. If you have questions, see your student services department.

Keeping up with your school work means it's vital to look after yourself.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

IEEQB INTERNATIONALLY-EDUCATED ENGINEERS QUALIFICATION BRIDGING (IEEQB) PROGRAM

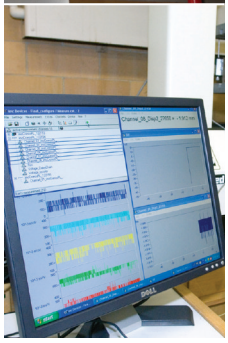
Are you an **Internationally-Educated Engineer** and want to become a Professional Engineer in Ontario?



The IEEQB Program provides the Internationally-Educated Engineer with:

- an alternate route to meet the academic syllabus-related examination requirements for professional engineering licensure in Ontario, and
- courses from accredited engineering undergraduate programs, including Canadian economic principles as well as engineering law and ethics, and access to state-of-the-art laboratories.

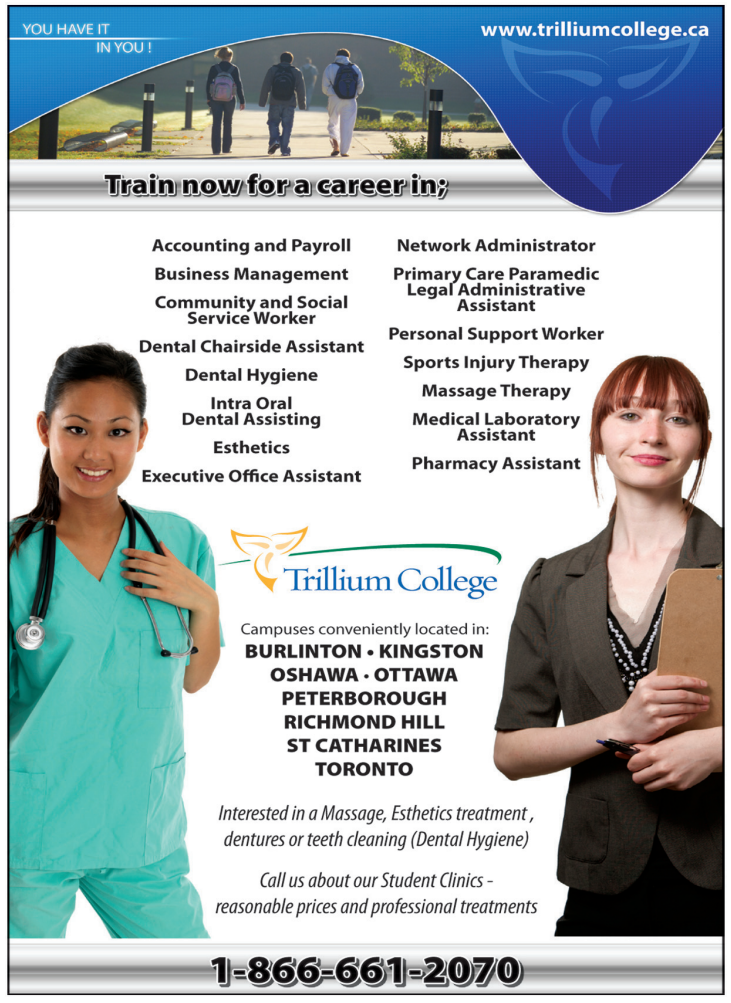
This program is offered by Ryerson University in collaboration with Professional Engineers Ontario (PEO).



For more information, please visit our website:
www.feas.ryerson.ca
or contact us at:
ieeqb@ryerson.ca
416-979-5000, extension 4263

Funded by the Government of Ontario and the Government of Canada.

RYERSON UNIVERSITY



It

The largest.

Do more in more places on Canada's largest high-speed mobile network.[1]

The fastest.

Our super fast phones and Turbo Sticks let you upload, download, browse the Web and run all your apps on the fastest network available in Canada.[1]

The most reliable.

You can always count on Bell to keep you connected on the most reliable high-speed network with the fewest dropped calls and clearest reception.[1]

The New

Being with Bell

Visit a Bell store • 1 888
1 866 BELL-BIZ •

Available with compatible devices within coverage areas available from Bell and its international partners' coverage areas where technology permits. May not be available in all locations. Other conditions apply. **(1)** Based on: (a) fastest network, according to tests of average upload and download speeds using HSPA devices, in large Canadian urban centres, (b) largest network, based on total square kms of coverage, and (c) most reliable network based on tests for dropped calls and call clarity in large Canadian urban centres using HSPA devices; all on the shared HSPA/HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network in Sept, 2009. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA/HSPA+ not available in all areas. Bell.ca/network. **(2)** Devices must be unlocked except when purchased from Bell and must be UMTS/HSPA compatible on bands 850 MHz & 1900 MHz frequencies. Excludes devices operating on Bell's or other carrier's CDMA networks. Some services (e.g. some e911 services) may not be available. You must ensure the HSPA device is compatible with plan/features chosen with Bell SIM card. Charges for some services may vary by device. Unlocking your device may void manufacturer's warranty and Bell may not provide a replacement warranty. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Nokia is a registered trademark of Nokia Corporation.

Bell

’S

N

Global coverage.

From Toronto to Tel Aviv, New York to New Delhi and just about everywhere in between. With coverage in over 200 countries, the world is yours.

SIM cards.

Unlock your phone’s full potential on Canada’s best high-speed mobile network with a Bell SIM card.[2]

The best brands.

Get the newest and most exciting devices from leading brands including BlackBerry®, Nokia, Samsung and many others.

Network.

just got better.

3 4-MOBILE (consumer)
bell.ca/network

Available at the following Bell stores:

AJAX
Durham Centre
ALLISTON
36 Young St.
AURORA
14751 Yonge St.
SmartCentres Aurora
BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall
BOLTON
SmartCentres Bolton
BOWMANVILLE
Clarington Place
BRAMPTON
59 First Gulf Blvd.
100 Great Lakes Dr.
10086 Hurontario St.
Airport Rd. to Queen
Bramalea City Centre
Shopper’s World
BURLINGTON
1100 Walker’s Line
Appleby Crossing
Burlington Mall
Mapleview Mall
CAMBRIDGE
499 Hespeler Rd.
Cambridge Center
COBOURG
Northumberland Mall
COOKSTOWN
Cookstown Outlet Mall – kiosk
ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre
GEORGETOWN
330 Guelph St.
LINDSAY
229 Kent St.
Whitney Town Centre
MAPLE
2810 Major Mackenzie Dr.
MARKHAM
7357 Woodbine Ave.
Cachet Village
Market Village
Markville Shopping Centre
Pacific Mall
MILTON
377 Main St. E.
MISSISSAUGA
6965 Davand Dr.
980 Eglinton Ave. E.
2800 Skymark Ave.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Westgate SmartCentres
NEWMARKET
Upper Canada Mall
NORTH YORK
1635 Lawrence Ave. W.
170 Rimrock Rd.
2081 Steeles Ave. W.
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall
OAKVILLE
Oakville Place
Winston Power Centre
ORANGEVILLE
114 Broadway Ave.
OSHAWA
Five Points Mall
Oshawa Centre
PICKERING
570 Kingston Rd.
Pickering Town Centre
RICHMOND HILL
Elgin Mills Crossing
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre
SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall – kiosk
Cedarbrae Mall – kiosk
Eglinton Square
Malvern Town Centre
Parkway Mall
Scarborough Town Centre
SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall
THORNHILL
Promenade Mall
TORONTO
2256 Bloor St. W.
209 Danforth Ave.
700 Gordon Baker Rd.
85 Hanna Ave.
320 Queen St. W.
2171 Queen St. E.
2323 Yonge St.
Brookfield Place
Chinatown Centre
College Park
Commerce Court
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shoppers World Danforth
Shops at Don Mills
Toronto Life Square
Yorkdale – kiosk
UXBRIDGE
307 Toronto St. S.
VAUGHAN
Vaughan Mills
WHITBY
Whitby Mall
Whitby SmartCentres
WILLOWDALE
Fairview Mall
WOODBRIDGE
4080 Highway 7

Also available at these retailers:

BEST BUY · BEST BUY mobile your phone, your way · COSTCO WHOLESALE · FUTURE SHOP · booth · Available at Walmart Save money. Live better. · WIRELESS etc... · WIRELESSWAVE

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 1.

Dal student busting myths

RICHARD WOODBURY
for Metro Canada

A lot of myths exist about Canada's health-care system. Since 2000, an annual contest put on by the Canadian Health Services Research Foundation has served to dispel them.

One of those myths is that emergency room overcrowding is caused by non-urgent cases. Not so, says André Maddison, a co-winner of the 2009 contest.

"If we somehow divert non-urgent patients from the ER, it's not going to solve ER overcrowding," he says. "We're not going to have 15-minute wait times."

ER overcrowding is caused by a larger set of issues, such as a lack of available beds in ERs and a lack of alternative care settings, says Maddison, who is a second-year master's in community health and epidemiology student at Dalhousie University in Halifax. The 25-year-old received a $1,500 prize for the contest and a paid trip to Calgary where he was presented with the prize.

"When you look at the proportion of patients who are there for non-urgent reasons, it is actually quite high," he says, pegging the number at 20 to 25 per cent of patients. "There are a significant number of patients there with non-life threatening issues. But they don't take a lot of physician time or diagnostic services or nurse time. They are rarely admitted."

Non-urgent patients are admitted about 4 to 5 per cent of the time, he says.

Maddison got involved with the contest because of a course he took during his first year of master's studies. An assignment for the class was to work on busting a health-care myth.

He got the idea for the assignment after chatting with an ER physician.

"I kind of went into it with the idea that these people who don't have family physicians are not the main cause of the overcrowding," he says. "The more I went into it, the more I realized, well, they do have a little effect, but it's such a complex issue that you really can't pinpoint blame on a certain group and solving one problem is not going to solve the entire issue."

York psych clinic opens

ROBYN YOUNG
for Metro Canada

Graduate psychology students at York University can now further their training through a state-of-the-art clinic right on campus.

Madalyn Marcus, who is one of the PhD students who will train at The York University Psychology Clinic, says the new facility is invaluable for the program.

"There are so few placements for us (students) in the community," she said.

The clinic, which officially opened last week and offers mental-health services to York faculty, staff and people from the community, provides students with the opportunity to hone their skills in areas outside of their placements.

Clinic director Louise Hartley says there is a critical need for the facility, both for students and the public.

"We're seeing cutbacks on all levels. Many hospitals have reduced their psychology departments and it's increasingly difficult for students to get the clinical training they need," she said.

Psychology graduate student and clinic trainee Madalyn Marcus, centre, was on hand for the opening of York's psychology clinic.

In addition, the demand for mental-health services is greater than the resources available, Hartley said.

Part of the goal of the clinic is to make mental-health services more accessible to the general public and for that reason, counselling is available at a reasonable fee and clients do not require a doctor referral.

The clinic operates like a teaching hospital with PhD students counselling patients under the supervision of registered psychologists.

The 5,000-square-foot facility has 13 interview rooms. Hartley says the program is unique to York because the clinic runs year round and is not tied to course work.

And similar to a teaching hospital, the clinic is largely focused on research, incorporating clinical trials and leading edge treatment.

"When we learn something new, we're able to get our students trained on it and start using that knowledge to help patients," Hartley said.

PHOTOS SUBMITTED

York University Psychology Clinic director Louise Hartley.

Hartley expects the clinic will help further develop the university's expertise in areas of research including autism and attention deficit disorder.

The Counselling Foundation of Canada has pledged $225,000 for a mentoring program that matches psychology students with students with Asperger syndrome; and the Alva Foundation has donated $100,000 to the clinic for autism research and treatment.

Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on Dec. 1.

U of T music student wins world prize

ERIC EMIN WOOD
for Metro Canada

Lan-chee Lam began taking piano lessons when she was seven, followed by pipa (Chinese lute) and guzheng (Chinese harp) lessons when she was 14.

The Hong Kong native did not begin composing until she was 21.

"I actually wanted to do theory in the beginning," she says, "but I found writing and analysis difficult so I switched to composition."

Despite her relative inexperience — the third student in composition at the University of Toronto's faculty of music is now 27 — Lam recently won the 2009 George Enescu International Composition Competition for her orchestral work Mysterious Palace.

Not bad for someone whose parents wanted her to play piano as a hobby. Lam only became interested in classical music after attending a few concerts. "Later, I became more interested in studying music, knowing more about the composers and their repertoire," she says.

ERIC EMIN WOOD/FOR METRO CANADA

Lan-chee Lam won the George Enescu International Composition Competition for her orchestral work Mysterious Palace.

Mysterious Palace was inspired by a 2008 visit to China's Forbidden City.

"This palace was the centre of Chinese government from the Ming Dynasty to the end of the Qing dynasty," Lam says, "and every corner in the building is decorated in detail. The string section symbolizes these patterns at the beginning of the piece."

The opening, which mixes Chinese and Western motifs, later segues into a climatic section "describing the war the palace has experienced," and finally ends with a "quiet and peaceful passage, inspired by memories from people across the country," Lam says.

In addition to the competition's 10,000 euro (about $17,300 Canadian) cash prize, Lam's composition will be performed in 2011 in Romania. She's currently visiting Hong Kong for the city's Musicarama Festival, having composed a commissioned piece for San Francisco's Laurel Ensemble.

Lam earned her undergraduate degree in music from the Chinese University of Hong Kong, where her professor, a U of T alumnus, recommended she study in Toronto. "He said I could learn more here because there are more professional ensembles and concerts," Lam says. "And I could find my own style while I studied here."

Lam completed her master's degree in 2007, and plans to complete her doctorate in 2011, after which she hopes to teach and continue composing.

"And maybe get more of my pieces played in other countries," she says.

Centennial makes recycling fashionable

EVA LAM
for Metro Canada

Centennial College is asking community members to open their closets for a charitable initiative that is also good for the environment.

The school's Ecodepot event, which hosts its third cycle this week, offers students gently used clothing and accessories that are suitable for job interviews and the workplace. The items are available for free, donated by fellow students, faculty and support staff.

The not-for-profit program is a joint effort between the Progress Campus User Group and the Centennial College Student Association Inc. (CCSAI).

"The Ecodepot is meant to make recycling fashionable, at the same time as really being an added benefit to student life," says Donna Neil, CCSAI services manager and Ecodepot organizer.

Launched in March, the event is a revamped version of a program the college started years ago but dropped due to a lack of resources and space. The update included making Ecodepot as much of a retail experience as possible. Shoppers can turn to volunteer "sales associates" such as Wendy Leung for help on looking professional and stylish.

"I'll give the students suggestions about which clothes are better for them and help them to choose the right size," says Leung.

Students also have access to free minor alterations and resumé checks, the latter thanks to the program's partnership with the school's co-op and job search centre.

Donations are welcomed year-round, and the Ecodepot sets aside two days every semester for students to pick out clothing. The next event takes place tomorrow and Thursday.

Neil says the program has received great feedback so far and donations for the upcoming event already number in the hundreds. Every donation helps meet the need that's out there, she says.

"There's an economic consideration whenever it comes to students ... I know that when it's a choice between buying your books and buying a pair of pants for your interview or buying bus fare, you're going to have to go with the necessity."

The most in-demand items are men's clothing, especially suits, says Neil. Any leftover items are put into storage or donated to the local Dressed for Success charity, which provides low-income women with professional attire and career development tools.

Environmental benefits aside, Neil is inspired by the impact Ecodepot can have on launching careers. She recalls a student from another Centennial campus who came racing into the centre at the end of the inaugural event's final day seeking something for her interview the next day. "The fact that she was so happy because she got what she needed to feel confident and look good the next day — that to me says it all right there."

GET CERTIFIED
Select Any 3 Certifications for $2500
Choose from over 350+ Certification Courses
SAMPLE COURSES:
PMP, BA, ITIL, Six Sigma, MCTS, MCSE, SAP, .Net, SQL, Oracle, CRM, AutoCAD & more
Call TODAY, use Promo Code- PM-102
HiTech Institute
Call: 1-800-816-4811
Toronto
Mississauga
Richmond Hill
Htinstitute.com

Kennedy College of Technology
DIPLOMA COURSES
• Community Service Worker
• Business Administration
• Quality Control & Assurance
• Hotel Management
• Graphic Design
• Programmer/Analyst
CONTINUING EDUCATION
• PMP
• CQE
• Six Sigma+Lean
• Canadian Security Course
• SAP
• Accounting Software
• Microsoft Office
• SAS, Java, Oracle
1200 Eglinton Ave E, Suite 502, North York
416.412.3088 • www.kennedycollege.ca

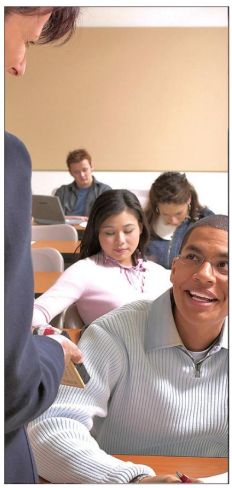
THE GOLD STANDARD...
With more graduates in leading positions, Trebas Institute is the only college with multiple GRAMMY® Award winners including this year's "Album of the Year" and "Record of the Year" for recording Robert Plant and Alison Krauss' "Raising Sand" album. Trebas sets the gold standard for achievement in Film & Television Production, Audio Engineering and Entertainment Management education.
READY FOR THE RED CARPET?
JOIN THE ELITE TEAM AT TREBAS
INSTITUT TREBAS INSTITUTE
Call: 416-966-3066
trebas.com
2340 Dundas Street West, Toronto
COLLEGE TRAINING SINCE 1979
Dundas W.

The Canadian Aesthetic Academy Inc.
TORONTO • NORTH YORK • BRAMPTON
Trust our 28 Years of Leadership
Your success depends on the School you choose
Continuing Education/Upgrade Certificates
Ask about our Diploma Courses
Medical Aesthetics:
• Skin Care • Electrolysis • Non-Surgical Face Lift • Microdermabrasion • Glycolic Peels • Laser Vein Removal • Laser Hair Removal • Tummy Tightening • Cellulite/Lipo-Lyte • Photo-Rejuvenation
Certificates:
• Hair Cutting • Hair Coloring • Extensions
• Make-Up • Waxing • Manicure/Pedicure
• Eyelash/Eyebrow Tiniting • Threading
• Body Massage (Not RMT)
• Injectables(Botox/Juvederm)
416.747.8008 www.aestheticschool.com

Be Job Ready in months, not years!
Earn your professional Diploma!
Evergreen College
Second Career, EI, SA & ODSP recipients are welcome
Morning, evening & weekend classes
Pharmacy Assistant (Toronto Campus)
Community Service Worker
Medical Office Admin
Early Childcare Assistant
Personal Support Worker
Computer System & Network Specialist A+, MCSE, CCNA
Computerized Accounting & Payroll
Ask us about Bonus Certifications
Field Placement & Job Assistance included
www.evergreencollege.ca
Call Now!
Toronto Downtown Campus
416.365.0505
67 Yonge Street 4th Floor (King & Yonge)
Mississauga Campus
905.566.0507
Unit 201, 1140 Burnhamthorpe Rd. W.

INFORMATION FEATURE

Sheridan's grad programs a hit



Sheridan College offers 25 separate programs for students with previous degrees and diplomas.

RAFAEL BRUSILOW
for Metro Canada

Career-focused and built with real-world success in mind, Sheridan's graduate certificate programs let you hone your skills and get into the job market quicker and stronger than at any other school.

With 25 separate programs designed for people with previous degrees and diplomas and each lasting one year or less in length, Sheridan College's certificate programs offer outstanding career training in an intense and productive setting that ensures graduates are primed for success in their chosen fields.

For 24-year-old artist Jessica McCann, a graduate of the web design graduate certificate program, the dream of creating her own website to showcase and promote her creations was a big reason she considered Sheridan, coupled with the program's time frame.

Sheridan College offers a web design graduate certificate program, which takes eight months.

"Just the thought of being able to design my own portfolio website for my paintings was a big factor, and the fact that the program was only eight months really appealed to me," she said.

McCann had a previous degree in fine art from Queen's University, and wanted to develop skills that would let her take her craft further while giving her a strong second foundation financially.

Going from using her hands to express her creativity to having to think abstractly about numbers and coding was an enormous paradigm shift for her, but McCann says the outstanding format of the web design program, with its emphasis on practical learning, took all of the fear out of the learning process for her.

"Initially, I was terrified because it was a huge leap on my part. Coming from a tactile side of the brain, it took a personality shift for me, but the program was so well presented I felt like I could jump in with both feet," McCann said.

Upon graduating, McCann immediately found work as a website designer and coder along with finally creating her dream portfolio website. She credits the Sheridan web design graduate certificate program with giving her career a powerful kick-start.

"The program was outstanding — it was all condensed into a straightforward, comprehensive, intense program that completely prepared me for the job market and my career. It's completely the reason for my success," McCann said.

Thomas Degez, 28, completed the post-graduate marketing management program at Sheridan because after getting his communications studies and philosophy degree from Wilfred Laurier, he wanted to network and find a job in the marketing industry. He picked Sheridan because of its excellent reputation for outstanding training that opens doors with employers.

"I really liked the idea of Sheridan's integrated project, and it was a really excellent opportunity to work with the community. Sheridan just has a great network with employers and I chose Sheridan for its strong reputation," Degez said.

With a previous degree under his belt, Degez wanted to put his skills to work quickly, and the condensed time frame of a Sheridan graduate certificate program was ideal because it provided strong training and experience in a format that fit his life. He now works as a producer in online and digital advertising.

"I didn't have time to go back for four years and what a Sheridan certificate gave me was the same amount of theoretical and practical work experience that a student would have in a three- or four-year program. It's been phenomenal," Degez said.

To see a list of graduate certificate programs offered by Sheridan, visit sheridanc.on.ca.

GEORGE BROWN COLLEGE

- CONTINUOUS LEARNING
- INTERNATIONAL & IMMIGRANT EDUCATION
- PREPARATORY & LIBERAL STUDIES
- ARTS & DESIGN
- COMMUNITY SERVICES & EARLY CHILDHOOD
- HEALTH SCIENCES
- HOSPITALITY & CULINARY ARTS
- CONSTRUCTION & ENGINEERING TECHNOLOGIES
- BUSINESS

9 out of 10 grads are hired within 6 months.

George BROWN gets you the job.

georgebrown.ca

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Dec. 1.

Seneca eyes creative advertising

The creative advertising program adapts to include the latest trends, including using mobile devices.

ERIC EMIN WOOD
for Metro Canada

While advertising may no longer be dominated by print and television, the ability to effectively communicate a concrete message never goes out of style.

For students interested in shaping the messages around them, Seneca's creative advertising diploma, a two-year joint program with York University, offers one of the best introductions around.

"Advertising has to be creative regardless of where you end up," says Anthony Kalamut, the program's co-ordinator.

"We prepare students for both sides of our industry, creative, which entails copywriting, art direction, and production; and business, which is account management, public relations, media buying, media planning, media sales."

Graduates have been responsible for ad campaigns for Molson, IKEA, Bell, Kellogg's, the Toronto Humane Society and Dell, among others.

The program has two streams — creative and business — and during their first and second semesters, students are immersed in both. During their third semester, students move toward a business or creative career, while still sharing certain courses. In their final semester, everything is either creative or business. There is also a "field placement" — internship — for students with grade point averages of 3.0 or higher.

Explaining the internship criteria, Kalamut says "the industry has demanded that of us. If there's one quotable out there from me, it's that our program is based on what the industry needs."

The program will even change from one semester to the next if it must. As an example, Kalamut says, new international trends are often revealed every September at Advertising Week, an annual conference in New York City. "We go out, and if we hear there's a trend, we come back asking how to put that trend into our curriculum," he says.

"Two years ago the trend was interactive. Last year we heard mobile. So how do we adapt our program to mobile? If it means adding specific courses, taking out courses that are less relevant, we do it," Kalamut says.

"Our curriculum grows with the demand of the industry."

Prior to joining Seneca, Kalamut worked internationally as a creative director, and teaches courses on strategic planning and career launching, in addition to creative directing.

Though he no longer works in the industry, his passion for advertising remains equal to that of anyone in the business.

"I need to bring that passion every day to the students," he says. "If that passion ever disappears, there'd be no reason to continue."

For more information, visit senecac.on.ca/full-time/CAB.html.

"Advertising has to be creative regardless of where you end up." Anthony Kalamut

HOW FAR WILL YOU GO IN OUR JOURNALISM PROGRAM?
TRY HALFWAY AROUND THE WORLD.

At Carleton University, we believe an education can also be a life-changing experience. Since 2006, our partnership with the National University of Rwanda has sent dozens of our students to Africa for a two-month internship. While there, they're gaining experience working with the media, and helping Rwanda be heard around the world. It's just one more example of our dedication to delivering an educational experience that's anything but textbook. As it turns out, a classroom over 12,000 kilometres away is just the beginning.

ANYTHING BUT TEXTBOOK Carleton UNIVERSITY

www.carleton.ca

Reserve your personal tour of the School of Dental Health and meet the instructors!

Conveniently located in the heart of downtown Toronto across the street from the Davisville subway station.

RCC INSTITUTE OF TECHNOLOGY
DIVISION OF YORKVILLE UNIVERSITY, NB

RSVP Kathy Marques: kmarques@yorvilleu.ca or call 905 669-0550 ext .1235
1825 YONGE ST AT DAVISVILLE SUBWAY.

Dalhousie student wants 10,000,000 pennies
Sherry Benteau, a part-time student at Dalhousie University, plans to raise 10 million pennies to pay off her $100,000 debt. Benteau has garnered 30,000 pennies, or $300. If she can collect them all, the total weight would be an estimated 50,000 pounds. METRO HALIFAX

Workology

Vying for the veggie title

Four Canadian institutions remain in peta2's annual Most Vegetarian-Friendly Colleges competition. On peta2's website, each university is represented by their school logo with a paragraph outlining their vegetarian offerings. The remaining Canadian competitors are Queen's, McMaster, uVic, and last year's champ, Mount Allison. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

If school doesn't work out, try skilled-trades

At 15, Krista Lindsay decided she'd had enough of Grade 10.

Disinterested in school and trapped in a cycle of skipping classes, getting suspended and apologizing to the principal, her Halifax high school finally decided it was done, too.

"Eventually I just wasn't allowed back in and that was it," says Lindsay, now 19. "I convinced myself that I'd be able to find work."

Two years later, living with her parents and unhappy that her only job prospects were behind a fast food counter, Lindsay learned about a skilled-trades apprenticeship for young people who are eager to get out working but don't necessarily see themselves on a university campus.

"Workit," a provincial initiative launched in 2005, allows youth between 16 and 20 to become certified in one of more than 60 designated trades in Nova Scotia, including plumbing, carpentry and electrical.

MIKE DEBECK/THE CANADIAN PRESS

Krista Lindsay, a youth apprentice who is studying to become a machinist, poses in her workplace at Advanced Precision.

Depending on the trade, youth apprentices can expect to log about 8,000 hours of paid work experience and complete a technical component at Nova Scotia Community College.

Before becoming a youth apprentice, Lindsay says she didn't enjoy high school "because it didn't create that link between school and a job."

But with an enjoyable career nowhere in sight, Lindsay recognized it was time to make a change. She contacted her old high school and was permitted to enrol in its co-op program, which placed her at a manufacturing company. The placement soon led to a youth apprenticeship.

Lindsay, who's now balancing Grade 12 studies and training to become a machinist, describes her career choice as "a perfect fit."

"I like the technicality of it," says Lindsay. "You have to be very precise with what you're doing and I love making things." THE CANADIAN PRESS

Are you in the dark about your future?
Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
Call Now! 1-866-475-3194
Visit us online at www.MoveAhead.ca
Brampton • Mississauga • North York
Scarborough • Toronto Central
Toronto College Park
Career services assistance available. Financial assistance may be available for those who qualify.

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch
metrotube
The video everyone's talking about.

Are you just getting started in your career? Recently made a career change?
Bright Beginnings Program
November 24–25, 2009
· Emotional intelligence
· Managing your career
· Influencing and Communication skills
· Personal branding
· Panel discussion
· Action planning
Register today: www.rotmanexecutive.com/brightbeginnings or call 416.978.5036
Initiative for Women Business
Rotman
Rotman School of Management UNIVERSITY OF TORONTO

Career Finder

HOME SERVICES COMPANY
looking for representatives to register homes for energy efficient replacement equipment. No experience necessary, full training provided.
Earn $600 - $650 per week PLUS BONUSES.
416.218.0000

ECO CONSULTANTS NEEDED
AVERAGE $18/HR
FULL TRAINING PROVIDED
CALL 416 250-5118

JOIN metro life panel
Give us your opinion on various topics and enter for your chance to WIN great monthly prizes.
Become a member today!
metrolifepanel.ca

www.varicent.com
Varicent, a leader in sales performance management and incentive compensation management, has the following opportunity…
Telesales REPRESENTATIVE
Utilizing your initiative and determination, you will build and manage a pipeline of prospective clients while selling and marketing our sales performance management offering to new and existing customers. Your responsibilities will include high volume outbound selling which consists of cold calls to identify sales opportunities as well as create opportunities for appointments and product demos. A sales professional, you have strong written and verbal communication skills and experience in outbound sales.
We offer a competitive compensation and benefits package. Please apply to:
Varicent Software Incorporated, P.O. Box 330, 36 York Mills Road, Suite 200
Toronto, ON M2P 2E9 e-mail: careers@varicent.com fax: 416-480-2840
VARICENT®

Youth Apprenticeship Standards Council
Skilled Trades Electrical, Telecom and Network Cabling
Over 200 Jobs Available
Contact YASC for details
LEARN MORE @ THE OPEN HOUSE!
Thursday, November 12 @ 6pm.
Call to book a seat 416-636-8218
Youth Apprenticeship Standard Council Approved Training Facilities
Pre-Apprenticeship Training Institute
10 Kodiak Cres. Unit 10
Toronto, ON M3J 3G5
Tel: 416-638-4111
OEL Training Facility
Pre-Apprenticeship Training Institute
5 Kodiak Cres. Unit 8
Toronto, ON M3J 3E5
Tel: 416-638-1025
CLAC Training Facility
Pre-Apprenticeship Training Institute
64 Saltsman Drive
Cambridge, ON N3H 4R7
Tel: 519-653-1119

If you are qualified for these positions, please contact our YASC representatives
www.youthac.ca

If you require training to qualify for these positions, please contact one of our YASC industry training facilities above
www.patinstitute.ca

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Keeping fit in frightful weather

Start by assessing the decrease in your daily activity level

This winter, it's going to be a little more difficult than normal to justify a drop-off in our activity level.

Why? The Vancouver 2010 Winter Games, of course. We're going to be continually hearing about our top winter athletes, and well, if they can pursue their dreams day in and day out in the chilly mountain air, or on a rink for hours at a time, then it'll be harder to convince ourselves that flurries, early nightfall and a cold wind make it impossible for us to walk the dog.

The kind of exercise we get going about daily activities is sometimes referred to as "slice-of-life" activity, and it's usually the first thing to go when the weather gets frightful.

So instead of, say, walking to work as you would in warmer months, you'd hop on a bus; instead of taking your bike or transit to go shopping, you may be tempted to drive to the mall and fight for the parking spot nearest the entrance; and rather than run errands or stroll to the coffee shop with colleagues on your lunch break, you'll stay planted at your desk with a mug of instant soup.

All of that activity fall-off tends to happen gradually as the winter progresses, so that if your daily caloric intake stays the same, but your daily activities — however minor you think they are — diminish, the chances that your skinny jeans will still fit come February also diminish.

WOJCIECH GAJDA

Sure, there are folks who can keep their outdoor exercise routine going through the winter months. But most of us would do well to start to think about winter fitness by assessing the decrease in our daily routine activities during the colder months, and have a plan to counteract it.

So before winter really sets in and you fall into a routine, take stock of your current slice-of-life activity each day, determine what you can reasonably keep up all winter (we're not advocating going for a stroll in skin-freezing temperatures) and what you think may fall by the wayside.

Then, figure out how you're going to make up for any drop in activity.

Here are a few places to start:

Be creative

- Alright, so everyone knows the tried-and-true suggestion to always take the stairs at your office or apartment building instead of the elevator.

Read more on page 35 »

Enjoy winter

IVAN N BONDARENKO

If you have trouble summoning up any enthusiasm for winter, try spending some time outside with those who love it: Kids and dogs are a likely bet. Take some nieces and nephews tobogganing, or tag along to the dog park with a friend.

OK, OK. We know. For some people, "enjoy" and "winter" have never gone together and probably never will. But here's some food for thought: Winter in a downtown core or dense suburbia, complete with dark gray slush, semi-frozen puddles and salt-caked roads is nobody's idea of enjoyable winter surroundings. You need to go where the environs are more inspiring. (No, not Barbados.) If you live near a large park or ravine trails, where snow has half a chance to accumulate and trees or hills obscure your usual view of the city, you're far more likely to enjoy a winter walk there.

- Try to hang out with creatures who tend to be enthusiastic about winter — kids and dogs are a great start. Make the effort to take nieces and nephews tobogganing or skating, or tag along to the park with a dog-owning friend.
- Try to find low-cost winter sports. If you don't want to buy a new pair of skates, find a sports exchange store to get a deal on a used pair, or find a rink that rents them. You can also look for places outside the city, such as conservation areas, that will rent snowshoes and cross-country skis. METRO NEWS SERVICES

Make a change in your life and the lives of people living with diabetes.

WALK OR RUN with TEAM DIABETES

10 YEARS TEAM DIABETES CANADA

Canadian Diabetes Association

Walk or run at various exciting Canadian and international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your fundraising and training goals.

Join us as we travel to majestic Reykjavik and exotic Rio de Janeiro in 2010!

Limited spots available so contact Cara at 416-408-7089 or cara.waterfall@diabetes.ca today!
teamdiabetes.ca

BioPed ORTHOTICS, FOOTWEAR & PEDORTHIC CARE

metro

>> Continued from page 34

It happens to be a good suggestion, of course, since stair climbing is solid exercise and plenty of us travel up and down many floors in a day to begin with.

In winter, the thing to do is try and extend the stair-climbing policy anywhere else in your day that it fits: You'll also find staircases at the doctor's office, when calling on clients and at the department store. (If you take the subway, institute a no-escalators rule in the winter: You'll be impressed at the number of stairs you can work into a day.

• If you find it's too cold to do your usual walk to work, and you're in a downtown core, see if you can be imaginative about changing your route — i.e. cut through a mall or office towers — so you can warm up intermittently.

• If you own a mat and have pals who do yoga or Pilates, arrange to get together at somebody's place a few times a week and practise.

TOM TREMBLAY

During winter, keep up daily activities such as walking the dog.

"Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: They add up."

Be consistent

• Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: Collectively, they add up. So don't even think about whether you're going to climb the stairs when you reach your apartment building after work. Once you've even begun the mental debate over doing or not doing, you're far more likely to go with not doing.

• Get colleagues in on it. Find a partner in crime, or when the usual gang is about to head out to the coffee shop, leave a minute or two early and tell them you'll meet them downstairs.

• Get a pedometer, and you'll have an easier time tracking how much you've walked in a day.

Be warm

• Time was that staying warm and dry all winter was almost totally incompatible with fashion, but that excuse has long gone. We all know how much wearing a hat can stave off cold, but not as many of us really appreciate how much having warm, dry feet can take the edge off winter and make us feel like walking an extra block or two.

Luckily, in the last couple of years we've seen a blossoming in the availability of good, solid, waterproof rubber boots — something Scandinavians are way ahead of us in appreciating.

Look for a good thick sole with high-traction treads. As for warmth, you can get rubber boots with pile lining or removable fleece linings.

Add insulated sole inserts (the kind with the shiny silver on one side) and the warmest wool socks you can find and far more likely to enjoy being outside.

• Some other options for warm and dry feet include La Canadienne, lacanadienne.ca, a footwear brand that's made for our countrywomen, so lined, waterproof boots are de rigeur. Finally, venture to Mountain Equipment Co-op, mec.ca, for serious winter boots that range up to warm-enough-for-Baffin-Island models.

Be safe

• Some days, slipping on the ice really is an impediment to anything resembling a walk. An inexpensive way to reduce that potential hazard is to get a pair of STABILicers from Lee Valley, leevalley.ca, which can slip over your boots and beef up your traction.

Beauty picks: Cold-weather solutions

Clinique Superdefense moisturizer helps protect and restore dry winter skin; $46, clinique.ca

Kiehl's All-Sport "Non-Freeze" Face Protector SPF 30 is a wax-based, water -resistant product that provides a barrier against sun, wind and cold; $23, Kiehl's, 407 Queen St. W. and 2518 Yonge St.

Exfoliating will help slough off dry skin, meaning moisturizer can do its job better. Sweet Cheeks Sinfully Smoothing Brown Sugar Scrub by Cake Beauty, $32 at cakebeauty.ca.

La Roche-Posay Thermal Spring Water, $14 at Shoppers Drug Mart, can be applied morning and night as the last step of your hygiene routine. It makes skin more resistant to external stresses such as cold, wind and indoor heating

IF YOU LEAVE TORONTO AT 8 AM AND DRIVE 120 KM/H TO BUFFALO AND ARRIVE AT 9 AM, HOW MANY KIDS DID MADONNA ADOPT?

INSTANT ENTERTAINMENT UPDATES ON YOUR PHONE.
FROM AROUND THE GLOBE TO AROUND THE CORNER, GET UP-TO-THE-MINUTE COVERAGE WITH METRO MOBILE.
m.metronews.ca

Winterize with the Colours of health

FREE Vitamin D
With purchase
while quantities last

Fight Colds & Flu!

Visit any participating natural health product retailer and purchase any of these select products to receive a FREE bottle of Vitamin D (90 tablets)

Blueberry Greens-Force
Packed with polyphenols and antioxidants from blueberries • Contains 1000 mg of organic, concentrated blueberry powder • Super High ORAC content • Slows aging Improves brain function • Protects vision

Cranberry Greens-Force
Packed with polyphenols and antioxidants from cranberries • Contains 750 mg of Cran-MaxTM cranberry extract • Cranberries relieves symptoms of urinary tract infections (UTIs) • Cranberries prevent recurrence of UTIs and bladder irritations

Greens-Force
Loaded with chlorophyll-rich, dark green superfoods • Alkaline-forming • Provides the ideal pH balance needed for optimal nutrient assimilation • Improves bone mineral absorption • Boosts immunity • Supports gentle, daily internal cleansing

Morning Rise & Shine 255 g
Hydrates & alkalinizes • Improves energy & physical mobility • Normalizes appetite & supports weight loss • Boosts brain & memory function • Supports daily liver cleansing & detoxification • Aids digestion, assimilation & elimination

Top 10 Reasons Scientists Tell Us to Take Vitamin D Everyday

1. Prevents colds and flu
2. Modulates immunity & decreases autoimmune diseases
3. Normalizes insulin secretion
4. Regulates blood pressure
5. Prevents osteoporosis, strengthens bones & promotes bone mineralization
6. Relieves muscle weakness & pain
7. Prevents degenerative diseases
8. Combats depression and SAD
9. Supports normal functioning of the nervous system
10. Promotes healthy hormone function

Prairie Naturals
facebook
twitter
For more information contact us Toll Free at 1 800 931-4247 or visit our website www.PrairieNaturals.ca

RESEARCH STUDY
DO YOU HAVE OSTEOARTHRITIS? ARE YOU UNDER 60?

We are looking for people with **osteoarthritis** who are **under the age of 60 years** to complete one brief questionnaire and one telephone interview about living with arthritis.

For information about this important research, please call **Jessi** at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.

Toll Free: 1-866-724-0003

ACREU Arthritis Community Research & Evaluation Unit
University Health Network Toronto General Hospital · Toronto Western Hospital · Princess Margaret Hospital

UNIHEALTH GROUP
Established 1995

Downtown Toronto
208-1033 Bay St. (Bay & St. Joseph)
416.920.3232
OPEN MON — SAT
tor@unihealth.ca

Etobicoke
14 Burnhamthrope Rd. (Burnhamthrope & Dundas West)
416.236.7288
OPEN TUE — SAT
etb@unihealth.ca

North York
206-170 The Donway W
416.391.5822
OPEN MON — SAT
nyk@unihealth.ca

MASSAGE or ACUPUNCTURE INTRO OFFER
Pain Relief • Deep Tissue Therapy • Stress Release
$20 One Hour Massage or One Acupuncture session
First time visitors only. GST not included. Offers expires November 23, 2009. $20 Massage/Acupuncture Promo not applicable to Registered Massage Therapy.
Registered Massage Therapy Extended Health Plans Accepted
Call for introductory price for RMT
YOGA
$10 First Class Trial* for: Hatha, Gentle Flow
UNLIMITED YOGA
$60 Per Month or $308 Six Months
* Regular Drop-in Yoga Class $15. GST not included. Certified Yoga Teachers.
ACUYOGA COMMUNITY CERTIFIED THERAPEUTIC YOGA Now Available

unihealth.ca Vancouver . Calgary . Toronto info@unihealth.ca

After an abusive relationship, it's smart to take things slowly

The J Spot
Josey Vogels
metronews.ca/thejspot

Rihanna, the 21-year-old singer who opened up in televised interviews last week, says she has no interest in dating following her split from Chris Brown.

Rihanna and Brown had a highly publicized altercation in February, during which Brown choked and bit Rihanna and tried to push her from a car. Brown was sentenced to probation, community labour and domestic violence counselling after pleading guilty to felony assault.

I'm not sure how recent reports that Rihanna is dating R&B singer Travis London fit with her professed lack of interest in dating but, in principal, Rihanna's smart to take things slowly after what she went through with Brown.

Emotional and physical abuse in a relationship can do a major number on your self-confidence and make it really tough to trust anyone again when it comes to dating.

It's hard not to think, in the back of your mind, that every guy has the same potential to be abusive.

In these circumstances, being extra cautious is healthy and normal. It's important to take time to heal emotionally and also examine yourself and your relationship patterns and how you found yourself with someone who treats you so badly.

And before getting seriously involved with someone new, there are things one can do to avoid the same kind of relationship.

Observe friends' relationships you think are healthy. Talk to them about why it works. Compare notes with your last relationship.

Think about why you put up with abusive behaviour. Abuse can often become a pattern with women who don't believe they deserve better for whatever reason — perhaps they were abused or simply didn't get the attention they needed as kids.

If you're taught that love comes from people who hit you or make you feel bad about yourself, you'll probably look for love from those kinds of people.

Spend some time looking at the type of guy you want to get involved with. Look for qualities in your dates that will achieve the kind of healthy relationship you deserve — kindness, graciousness, and a genuine interest in you and your life.

If you decide to start dating again, make sure it's for the right reasons, not just because you think you should but because you honestly feel ready.

But you also have to be careful not to stay out of the game too long. I know someone who was in an abusive relationship and refuses to get involved with anyone because she says she's not ready.

It's now been more than 10 years. There's waiting and there is avoiding — be honest with yourself about which category you fall into.

"If you decide to start dating again, make sure it's for the right reasons — not just because you think you should but because you honestly feel ready."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Kendle
Real people. Real results.®

Healthy Men and Women with recreational drug experience are needed to participate in a clinical research study with an investigational drug

The purpose of this study is to learn whether the investigational drug has the potential to be abused .

If you are between the ages of 18 and 55 and have recreational drug experience with downers, barbiturates, benzodiazepines, roofies, GHB or cannabis and at least one other class of drug (e.g., opioids, stimulants or hallucinogens), please contact us to see if you qualify.

720 King Street West
7th Floor (NORTH ELEVATORS)
416.640.4004
1.866.222.8063
studies4u.com

Reasonable Financial Compensation for Participation

Après-ski: Beware the hot tub

CELIA MILNE
for Metro Canada

Ah! Nothing like a warm soak in a hot tub, especially when it's cold outside. But beware: The number of serious injuries attributed to hot tubs has risen dramatically in the last few decades.

FERRAN TRAITE SOLER

The number of serious injuries attributed to hot tubs has risen dramatically in recent decades.

A recent study by the Center for Injury Research and Policy in the U.S. reported that hot-tub-related injuries had increased by 160 per cent since 1990. The most common injuries are related to slips and falls; also occurring are drownings and near-drownings, as well as getting caught in the suction drain. Children may be at risk when unsupervised.

"Although some steps have been taken to make hot tubs safer, increased prevention efforts are needed," said Dr. Lara McKenzie from the Ohio State University College of Medicine, who conducted the study.

The Center recommends placing slip-resistant surfacing in and around the hot tub, limiting the time spent in the hot tub to 15 minutes, limiting the temperature to 40 C, keeping the hot tub covered and locked when not in use, and complying with suction and drain cover standards. The Canadian Hospital Injury Reporting and Prevention Program reported several hot-tub body entrapments in the last two decades, most commonly a toe or a finger caught in the drain.

Why spend more?
GET THE BEST RATES IN TORONTO!
Laser Hair Removal
Full Leg $125 Back/Chest $150
Full Arms $75 Bikini $50
Face $50 Underarms $30
Whole Body $300
Anti Aging Services
Photofacial $150
Skin Tightening $250
Skin Resurfacing $300
Spider Veins (also being done)
Green Peel
ASK ABOUT OUR INCREDIBLE MEMBERSHIP OFFERS!
We are on facebook!
Pigmented Lesions • Permanent Hair Reduction • Rosacea
FK Laser & Anti Aging
Call: 416.432.9134 or 416.730.8035 I www.fklaser.com
147 Finch Ave. W BRING THIS AD WITH YOU AND RECEIVE A SPECIAL OFFER!
Summer deals available

LIZ ACUPUNCTURE & MASSAGE THERAPY CLINIC
Ancient Method and Modern Technique combination.No side effects! Treatments available:
• Women's heath & Fertility (PMS, Itchy…)
• Children's health (Asthma, IBS…)
• Chronic Pain (Headache, sciatica…)
7155 Woodbine Avenue • Unit 208
905.943.7778 • www.lizclinic.ca

CROOKED TEETH and want them straightened?
You or your child may have irregular teeth, which cause you to feel embarrassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.
For a free examination appointment
Please call Bonnie at (416) 635-5821
111283

Stop Overpaying on Car Insurance
Most Drivers Unaware They Could Get A Better Deal

Think You've Already Got A Great Rate?
Think again. You may have been overpaying for your car insurance for years and simply didn't realize that you could get a better deal. The fact is rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. The key is finding the one insurance company that can offer YOU the lowest rate available for your driving profile. So it pays to shop around. Take a look at the table below.

Why Do Rates Differ So Much?
So, if insurance companies all ask the same questions, and sell the same basic policy, why do their rates vary so much? Part of the reason is that each insurance company uses its own claims experience (how much money it has paid out in claims in a given timeframe) in the marketplace as one factor to determine the rates charged. The other major factor is your individual driving profile which includes where you live, your age, the type of car you drive, your claims history, tickets, the annual mileage for your car, and so on. The combination of these factors helps insurance companies determine what rate or premium they will charge to insure a given car and driver.

The key for you is to figure out which insurance company can offer you the best rate based on all factors. Chances are you are not insured with the company that offers the best rate for your driving profile right now. But finding the best rate on your own can be time consuming, right? Wrong. This is where InsuranceHotline.com can help.

We'll Tell You If You're Overpaying!
InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 top insurance companies

in Canada to find you the lowest rate for your profile and then connects you with a licensed broker or agent to seal the deal. It's Fast, Safe and completely FREE.

Start Saving Your Money Now.
InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 30 of the top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance.

There is never any obligation. You decide if you're interested in the rate provided and whether you want to move your business. So what are you waiting for?

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

InsuranceHotline.com
Your search engine for the lowest insurance rates

InsuranceHotline.com finds this rate for drivers – for FREE!
$5,000
$4,000
$3,000
$2,000
$1,000

COMPARE OVER 30 QUOTES in minutes at InsuranceHotline.com

Paying a price for heroism

9/11 volunteers more likely to have asthma: Researchers

CELIA MILNE
for Metro Canada

Helping out at Ground Zero has made many people sick. Members of rescue and recovery teams who worked amidst toxic dust during the 911 World Trade Center disaster are twice as likely as the general population to suffer from asthma now.

The findings were released by researchers at the Mount Sinai School of Medicine in New York. Eight years after the terrorist attacks of 2001, these intrepid first responders suffer from asthma at a rate of about eight per cent, whereas the incidence in the general public is a little less than four per cent.

"Although previous WTC studies have shown significant respiratory problems, this is the first study to directly quantify the magnitude of asthma among WTC responders," said Hyun Kim, an instructor in preventative medicine at Mount Sinai and lead author of the analysis.

"Eight years after 9/11 the WTC Program is still observing responders affected by asthma episodes and attacks at rates more than twice that of people not exposed to WTC dust."

Researchers examined the medical records of 20,843 WTC responders who received medical screenings from July 2002 to December 2007 as part of the Mount Sinai School of Medicine-coordinated WTC Program.

Results were compared with the U.S. National Health Survey Interviews adult sample data for the years 2000 and 2002 to 2007.

"This is the first study to directly quantify the magnitude of asthma among WTC responders." Hyun Kum

Of the study's rescue and recovery workers, 86 percent were men and the average duration of work at WTC sites was 80 days.

The study followed uniformed and other law enforcement and protective service workers (42 per cent of subjects), as well as construction workers and other responders who had engaged in paid and volunteer WTC-related rescue and recovery, essential service restoration and/or debris removal and clean-up efforts.

"It is important to note that this report focused on findings from baseline or initial visit examinations," said Dr. Philip J. Landrigan, chair of Mount Sinai's preventative medicine department and and principal investigator of the WTC Program Data and Coordination Center.

"The data show an increasing percentage of responders reporting asthmatic episodes, rising to double that seen in the general population. It is clearly vital that we continue to track responders' health and look further into the medical outcomes of this population."

"Asthma and other chronic lung conditions remain a significant burden for rescue and recovery workers responding to the attacks on the World Trade Center," said Dr. Kalpalatha Guntupalli, president of the American College of Chest Physicians.

"The significant chronic health problems associated with the WTC attacks only reinforces the need for stronger disaster preparedness plans as well as long-term medical follow-up for 9/11 responders and individuals who respond to disaster-related events."

The WTC Program currently offers WTC responders free medical surveillance examinations and targeted treatment for health conditions related to WTC work exposures. The Program is supported through funds administered by the National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention. Over 27,000 responders have been medically screened under the program.

Post-combat, soldiers learn how to relax

CELIA MILNE
for Metro Canada

OCCUPATIONAL HEALTH To survive in combat, soldiers need to be armed, hyper-alert and sometimes secretive. That's part of their training.

But what happens when they return from Afghanistan? Do they get the mental health support they need to unlearn these battle skills and reintegrate into everyday life? This is a question to ponder on Remembrance Day tomorrow.

One U.S. post-combat support tool that Canadian clinics are watching closely is Battlemind. It is a program that helps soldiers reintegrate into a regular life with their family.

"In battle, you learn hypervigilance. People are out to get you. Being in war mode is helpful in combat, but maladaptive when you get home," Dr. Jitender Sareen, an associate professor of psychiatry at the University of Manitoba and director of Deer Lodge operational stress injury clinic in Winnipeg.

A recent study in the U.S. tested Battlemind on 2,000 soldiers returning from Iraq. The soldiers in the study had been through at least 19 combat experiences such as being shot at, handling human remains, being ambushed, or killing.

The study found that soldiers who underwent Battlemind training had fewer sleep problems and less severe post-traumatic stress disorder (PTSD) than those who received no training upon return. Battlemind classes are now mandated in the U.S. military.

It is well known that one of the risk factors for PTSD is not having proper support upon returning from war. Other risk factors are being female, having a previous history of childhood adversity, a family history of mental illness, witnessing a higher number of traumatic events, experiencing more intense trauma and possibly having a genetic predisposition, says Sareen.

"In battle, you learn hypervigilance. People are out to get you. Being in war mode is helpful in combat, but maladaptive when you get home." Dr. Jitender Sareen, associate professor of psychiatry, University of Manitoba

In 2002, a study was done that found about 30 per cent of Canadian veterans developed either depression, PTSD or another mental health illness upon returning home.

That was before Canada went to war. "But because of the Afghanistan deployment, the rate of mental health problems would be higher at this time," says Sareen.

Back in 2002, he notes, there was a big gap between the number of people who needed care and the number who received it. "Veterans Affairs has taken a lot of steps to increase mental health services."

Canadian physicians are using cognitive behavioural therapy, medication, and education to treat PTSD in returning soldiers.

ARE YOU DEPRESSED?

Are you currently feeling:

- Depressed?
- Having difficulty sleeping?
- Low in energy?
- Anxious?
- Guilt-ridden?

The Mood Disorders Program at Sunnybrook Health Sciences Centre is conducting a Research Study to assess the effectiveness of adding a new medication for the treatment of depression.

To qualify you must:

- be 18-65 years of age
- be taking an antidepressant medication.

For more information please call
The Mood Disorders Program:
(416) 480-6100 ext. 4092

Sunnybrook
HEALTH SCIENCES CENTRE
when it matters MOST

BEYOND LASER
from $39
Painless - Safe
FDA Approved
All Skin Types

No Shaving
No Waxing
No Ingrowns
No Tweezing

• Certified Professional
• Personal Evaluation

FREE CONSULTATION by appointment

HAIR LOSS
A NATURAL ALTERNATIVE TO HAIR TRANSPLANTS
•ITCHY SCALP
•THINNING HAIR
•PROFUSE HAIR LOSS
•DANDRUFF

(HMA) HAIR MICRO ANALYSIS
(ETG) TREATMENT
(LLLT) LASER TREATMENT
FOR MEN & WOMEN

96.7% SUCCESS RATE
FDA APPROVED
HAIRMAX
LASER COMB

A&T LASER INC. MEDICAL AESTHETICS

DOWNTOWN	BAY/BLOOR	416.929.4247
NORTH YORK	YONGE/SHEPPARD	416.250.6675
MISSISSAUGA	HWY10/DUNDAS	905.896.1074

www.antechhair.com

GET HELP, WHILE HELPING OTHERS...

Scientists at the Centre for Addiction and Mental Health, in affiliation with the University of Toronto, are conducting a study of treatments for depression. Participants will be offered 16 weeks of therapy or medication.

SYMPTOMS OF DEPRESSION INCLUDE:
• Feelings of sadness • Problems concentrating
• Difficulty sleeping • Low motivation • Loss of energy
• Loss of interest or pleasure • Weight gain or loss
• Excessive feelings of guilt

If these symptoms sound familiar and you are aged 18-65, do not have an alcohol or substance use problem, and you are willing to receive psychotherapy or medication treatment for depression, you may be eligible to participate in our study.
You can get help, and help others through your participation.

Please call 416.260.4199
for a confidential interview.

camh
Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

For more information and other programs at CAMH please visit www.camh.net or call 416.535.8501

NEW YEAR, NEW YOU!

ENTER FOR YOUR CHANCE TO WIN A

$5000 SHOPPING SPREE

VISIT swissherbal.ca
FOR CONTEST RULES & COMPLETE DETAILS

A different Omega-3 building block for each life stage.

New Swiss Omega-3 Youth, Adult and Adult 50+, a line of omega-3 products scientifically designed to provide specific ratios of DHA, for brain development, and EPA, for heart health, targeted for your life stage.

Swiss

www.swissherbal.ca

TM and ® denote trademarks and registered trademarks of Swiss Herbal Remedies Limited.

NATURAL SOURCES | SCIENTIFICALLY FORMULATED | TOTAL QUALITY ASSURED

Toronto relies on other cities for 50,000 units of blood each year.

You can change that.
Call 1 888 2 DONATE

Canadian Blood Services
it's in you to give

BLOOD.CA WWW.BLOOD.CA W
1 888 2 DONATE

Beauty picks: **Joe Fresh Bath**

The newest addition to the Joe Fresh Style family is Joe Fresh Bath, a range of bath and products that cost from $2 to $6. The line includes, clockwise from top left, Body Mist, $4 each; Body Wash, $4; and Liquid Hand Soap, $4 each. For store locations, visit joe.ca/beauty.

You'll love the WAY YOU FEEL!
In 7 days or less

The Total Body Detox
It's as easy as 1,2, tea!

- Lose weight & reduce bloating
- Effectively cleanses the bowel & liver
- Eases stomach distress such as:
  Constipation, indigestion, acid reflux, bloating
- Detoxify your body from:
  Chemicals, parasites, bacteria, toxins

INNOTECH NUTRITION SOLUTIONS
innotechnutrition.com

$3 OFF
Present this coupon to your local health food store and receive $3.00 off a 1 month supply of Wholy Tea.
Limit 1 per customer. Not valid at GNC. Expires Nov 17, 2009. Code: WTN3WL

MEN & WOMEN NEEDED

We are looking for healthy volunteers to participate in clinical studies

You may be financially compensated up to $2500 upon completion of the study

If you are 18 to 55 years old and want to see if you qualify please contact us

416.759.5554
1.866.759.5554
www.pharmamedica.com

PHARMA MEDICA
RESEARCH INC.

Journalist wins culinary award
Judy Creighton, a longtime journalist with The Canadian Press, has received a prestigious award for her lifetime of service to Canada's culinary community. Creighton, 71, was given Cuisine Canada's Founder's Award on Friday. THE CANADIAN PRESS

Food

Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949 by historian Elizabeth Driver of Toronto won the first Canadian Culinary Hall of Fame award THE CANADIAN PRESS

You can win
Visit 20minutesupperclub.com/mapleleaf and be entered to win a Maple Leaf Gourmet Dinner Package worth $50. For product information and store locations, visit mapleleaf.ca.

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

Lager options

Norm! Does anyone not know who I'm talking about? Even if you're not a barfly, Norm Peterson from Cheers is an '80s icon whose name still gets a shout out at watering holes the world over. Taking advantage of his character's longevity, actor George Wendt has finally put his extensive beer knowledge into words in the just released Drinking with George: A Barstool Professional's Guide to Beer (Simon Spotlight, $32.99).

A blend of suds soaked memoir and actual fun facts about the history of beer, it's a relaxing read with oodles of stocking stuffer potential.

While I doubt Norm would approve of the just released **Molson Canadian 67 (12 x 341 ml, $19.95 - $20.99);** this weight-watching lager serves up only 67 calories per bottle (about half of what's in a cocktail or glass of wine) without losing too much of what make beer taste like beer.

Italy's **Peroni Nastro Azzurro Lager (6 x 330ml, $13.44 - $13.90)** would be more Norm's style. Its classic European design is sure to impress Stella Artois and Heineken drinkers.

Pork chops paired with plums

With cold weather outside, now is the best time to stay inside and try new dinner recipes. Check out our 20 Minutes Supper Club Healthy Guide for unique recipes that don't trade calories for taste. Our guide also offers vegetarian-friendly meal options.

This week's menu features a traditional pork chop with non-traditional sides. Applesauce is replaced with balsamic plums and Swiss chard. You'll delight your dinner guests with a new blend of flavours.

The balsamic plums are so sweet and delicious they could double-up as a dessert recipe. Apples or pears can also be a substitute for plums, they just need to be cooked in the balsamic a little longer.

Swiss chard compliments the sweetness of the plums and adds vitamin-enriched greens to the dinner.

We recommend frenched or futterfly pork loin chops for this recipe. "Frenched" refers to a chop that has been hand-trimmed to remove any excess meat or fat at the tip of the bone and can be found at butcher's counters in large supermarkets.

To complete the meal, go with a delectable sweet like chocolate dipped cookie dough truffles. These decadent truffles are also easy to freeze for late midnight snacks. With recipes like this friends will be willing to leave the comfort of their homes for a dinner party on a cold night.

-CHRISTY PENGILLY

Pork Chops with Balsamic Plums and Swiss Chard

Recipe developed by Paula Bowman

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:
- 1/4 cup balsamic vinegar
- 2 Tbsp unsalted butter
- 2 Tbsp water
- 1 Tbsp honey
- 2 sprigs thyme
- 2 plums, pitted and cut into eighths
- 4 (8oz) pork chops, (about 1-inch thick)
- 2 Tbsp olive oil
- 1 bunch Swiss chard (1lb), thick stems discarded, leaves washed and roughly chopped

METHOD:

1. In a small nonstick saucepan or skillet combine vinegar, butter, water, honey and thyme over medium heat. Bring to a boil and simmer until glossy and reduced by half, about 3-4 minutes. Add plums, stir to coat, and continue to cook until liquid is syrupy and coats plums, about 3 minutes. Remove from heat, discard thyme sprigs and set plum mixture aside.
2. Meanwhile, season chops generously with salt and pepper. Set a large heavy-bottomed skillet over medium-high heat and heat one tablespoon olive oil. Add chops and cook, flipping once, until cooked through, about 5 minutes per side. Transfer chops to a cutting board and tent with foil to keep warm.
3. Wipe skillet clean, return to heat and add remaining one tablespoon olive oil. Add chard to skillet in batches, allowing for it to wilt slightly before adding more. Cook until wilted and tender, about 5 minutes. Season to taste with salt and pepper. To serve, divide chard and chops among plates and garnish with plums and balsamic glaze.

CARLO MENDOZA

Above: Pork chops with balsamic plums and swiss chard.
Right: Cookie dough truffles.

CARLO MENDOZA

Cookie Dough Truffles

Recipe developed by Stefany Squires

MAKES 20-24 TRUFFLES
PREP TIME: 20 MINUTES
COOKING TIME: 0 MINUTES

INGREDIENTS:
- 1/2 cup unsalted butter
- 3/4 cup brown sugar
- 2 cup all-purpose flour
- 1 can (14 oz) sweetened condensed milk
- 1 tsp vanilla extract
- 1/2 cup miniature semi-sweet chocolate chips
- 1/2 cup chopped nuts (stefany recommends almonds)
- 1-1/2 pound semi-sweet chocolate

METHOD:

1. In a mixing bowl, cream softened butter with brown sugar until light and fluffy.
2. Add all-purpose flour, sweetened condensed milk and vanilla extract. Mix well.
3. Stir in miniature semi-sweet chocolate chips and chopped nuts.
4. Shape dough into 1-inch balls and place them on parchment paper. Cover and refrigerate for approximately one hour.
5. Melt semi-sweet chocolate in the microwave for coating truffles. Dip balls in chocolate and place on parchment paper. Refrigerate until firm, about 10-15 minutes.

20 minute SUPPER CLUB

ADVERTISING FEATURE

THE QUEST FOR SUCCESS

By Candace Mollins

New and Improved

My still-too-tight belt cuts off some circulation, but I'm happy to report that last week, I lost 5.5 lbs. To catch you up to date, two weeks ago I commenced a four-week meal plan that provides freshly made gourmet food delivered daily to my home - seven days a week. I receive three meals and two snacks each day. Here's the kicker: the day's food totals only 1300 calories! No, I am not lying. These delicious breakfasts, lunches and dinners are healthy, balanced meals. I'm thrilled with this auspicious beginning to a new and improved me – at least the physical aspects of my life. My character could also use a bit of an overhaul. Maybe I should focus on one bad habit at a time.

Envy – the ugly stepsister

There's a side effect of my new gourmet meal plan that I hadn't anticipated. One from which I admittedly derive a certain amount of pleasure. Unabashed envy runs rampant all around me. And the focus is directed towards my daily meal plan. When people see the incredible meals I receive, they practically turn green. In fact, one co-worker, upon ogling my morning and afternoon snacks (prosciutto wrapped around asparagus and edamame with toasted sesame seeds, respectively), let fly an expletive of envy that I am far too polite to repeat.

Envy reared its intrusive head again over my lunch – a Mediterranean platter with hummus, sun dried tomatoes, artichoke hearts, olives, grilled vegetables and flatbread (300 calories in total). It tasted just as good as it looked! My colleagues seemed vaguely disappointed in my declaration of approval as they gamely continued to nibble their uninspired luncheon fare. As an aside, please understand that I take delight in ensuring that my tantalizing treats are blatantly flashed around at my friends, colleagues (and mere strangers) at every opportunity.

Perhaps I've attained a certain level of obnoxiousness when it comes to showing off how well I'm eating - all while losing a respectable amount of weight. This obnoxious behaviour may be one of the aspects of my character on which to focus when I'm finished the physical improvements - but I digress. Roast beef, grilled asparagus and fingerling potatoes are on my dinner plan for tonight! Sorry, but yum.

The Results

Today, at the completion of Week 2 of reinventing the physical me, I continue to lose weight. I'm happy to report that after Week 2 of my "get a healthy life" plan, I lost 2 lbs., for a grand total of nearly 8 lbs in two weeks. And a hush falls over an envious crowd…

This quest to attain a healthier lifestyle through weight loss and moderate exercise is actually taken seriously by me despite the lightheartedness. It isn't easy to find time to exercise or to always bypass decadently, rich meals, sinful desserts and unhealthy snacks. But I am committed to putting my best, chubby foot forward. This gourmet meal plan just makes it ridiculously easier.

So, please pardon me if I'm obnoxious for a while, or if I inspire just a little envy in others while enjoying myself immensely. I can do this "healthy thing". I'm in it for life – my life. And, I can hardly wait to see what next week brings. Now, where'd I put that darn cutlery?

ROSE REISMAN'S personal GOURMET
416·721·0560
personalgourmet.ca

Lose Weight the Rose Way!

"I enjoyed the different selections offered and the ease of not having to do any grocery shopping – I even lost 7 lbs without any exercise! Regards,"
Tania R.

"The quality of the food provided by Personal Gourmet is outstanding. The service is awesome. I have learned portion control and have lost 52 lbs...and counting... And now my wife is doing it and losing weight also!"
Gary M.

Gourmet food plans personalized to your menu choices, calorie level and schedule
(Plans delivered at your convenience)

SIGN UP NOW & RECEIVE 2 FREE DAYS*
*Consecutive days not required.
Enter code: Metro2D

Spaghetti carbonara, a recipe from Lucinda Scala Quinn's Mad Hungry book.

Dinner in minutes

Spaghetti carbonara: with the help of bacon and Parmesan, anything's possible

When the basic ingredients are bacon, pasta, eggs and Parmesan cheese, it's hard to go wrong.

This uncomplicated recipe for spaghetti carbonara from Lucinda Scala Quinn's Mad Hungry: Feeding Men and Boys, comes together in minutes.

Spaghetti carbonara

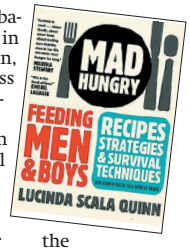
START TO FINISH: 20 MINUTES
SERVES 4 TO 6

INGREDIENTS:

- 1 pound spaghetti
- 1/2 pound bacon, sliced crosswise into 1/2-inchpieces
- 3 large eggs
- 1 cup grated Parmesan cheese,plus extra for serving (optional)
- Ground black pepper, to taste

METHOD:

1. Bring a large pot of salted water to a boil and cook the spaghetti according to package directions.
2. Meanwhile, in a large skillet over medium-low, cook the bacon until just crispy, 8 to 10 minutes. Skim off some of the fat.
3. Drain the pasta, add to the bacon in the pan, and toss tocombine.
4. In a small bowl, whisk together the eggs, cheese and pepper in a small bowl. Pour into the pasta and combine thoroughly. Serve immediately with extra grated cheese, if desired.



THE ASSOCIATED PRESS

TV cook Ray helps out Ohio town

Rachael Ray

GOOD WILL Television cooking star Rachael Ray is boosting the local food supply for a struggling Ohio town.

On Saturday, Ray brought a Wilmington soup kitchen new appliances, shelves and furniture. Ray's show also promised to supply food for the kitchen for the next year.

The soup kitchen is getting as many customers in a day as it did in a week a year ago. Wilmington is still reeling from the departure of DHL Express and other Wilmington Air Park operations, which has left a 15 per cent local unemployment rate in its wake.

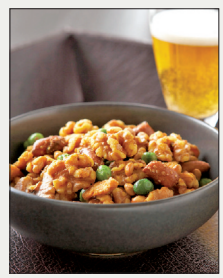
On Sunday, the Food Network star hosted an early Thanksgiving feast for the community.

THE ASSOCIATED PRESS

Indian spiced party mix

INGREDIENTS:

- 30 ml (2 Tbsp) butter
- 10 ml (2 tsp) curry paste (not powder)
- 5 ml (1 tsp) granulated sugar
- 500 ml (2 cups) walnut halves
- 500 ml (2 cups)
- multigrain pretzel nuggets
- 250 ml (1 cup) sesame sticks
- 250 ml (1 cup) roasted
- unsalted soy nuts
- 250 ml (1 cup) roasted peas



METHOD:

Preheat oven to 120 C (250 F).

In a large microwavable bowl, add butter, curry paste and sugar. Microwave on high until butter is melted about 30 seconds. Whisk ingredients together to combine. Add walnuts and stir to coat. Add in pretzels and stir to combine. Stir in sesame sticks, soy nuts and peas (order is important to baking).

Pour mixture onto a rimmed baking sheet. Bake in the centre of the oven for about 1 hour, stirring about every 15 minutes, until walnuts are a deep golden colour and mixture is toasted. Let cool.

Store in an airtight container at room temperature for up to 5 days.

Makes about 1.25 l (5 cups). THE ASSOCIATED PRESS

Moore beauty products

Demi Moore is launching her own beauty range. The 46-year-old actress is currently in negotiations to work with Helena Rubenstein on her own line of products, but refused to give any details on the venture. FEMALEFIRST.CO.UK

Entertainment

Wife swap

Gwyneth Paltrow is to play Nicole Kidman's wife. The actress is replacing Charlize Theron in The Danish Girl, an adaptation of a novel about the first post-operative transsexual starring Kidman. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Dolly hard as nails

Country singer brings live concert experience to DVD

GRAHAM ROCKINGHAM
for Metro Canada

The first things you notice about Dolly Parton — besides her more obvious attributes — are the length of her scarlett finger nails. They're scary, almost Wolverine-like weapons.

They're so long, as a matter of fact, that she can strum them together and use them as percussion instruments. On her new DVD/CD, Live From London, Parton says she did exactly that to make the typewriter sounds on her hit song 9 to 5.

Parton even offers a demonstration. Ratatatat, ratatatata.

The DVD, released today in Canada on the Sonic Unyon Records label, is mostly concert footage culled from two sold-out nights at London's 02 arena during her European tour last year. But it also offers some revealing behind the scenes interviews with Parton, including the time where she shows off her tapdancing finger nails.

"I don't have to (use a guitar pick) with these nails. They're hard as nails, so actually it works out pretty good." Dolly Parton

"You have to have acrylic nails, falsies I say," Parton laughs in a phone interview from her Nashville office. "And I'm really the queen of falsies ... when I was little I was always doing it, playing my nails like that, making that sound. But it's the acrylic coated nails that gives it that sound. It makes a real good rhythmic sound, don't it?"

Yet you've got to wonder how she can possibly play guitar with those claws?

"I don't have to (use a guitar pick) with these nails," she says. "They're hard as nails, so actually it works out pretty good."

A set of nails usually lasts her through an entire tour. Sometimes accidents do happen, however, so Parton comes prepared.

"I keep crazy glue on the set. You know, the superglue? I always keep it with my water and my kleenex. I always keep kleenex, a bottle of water and a tube of crazy glue, because I may have to glue back on a nail."

Parton is 63, but the DVD shows her still in prime shape. She hasn't lost any of the energy that has made her one of country music's biggest stars.

"I have to watch my weight because I'm so little and I have such a big appetite," Parton admits. "I have been much heavier in my life. But when we were on that tour we had the greatest chef that travelled around with us to all the places that we went. Man, it was really hard. So I had to stay on a low carb diet so I could eat more, lots of chicken, meat, fish, cheeses, eggs and stuff. That way I try to maintain it."

And does Parton work out in a gym?

"No, I'm not one of those people," she says. "I'm particular about who I sweat with."

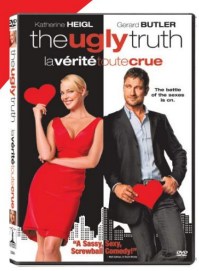
The Book Lady

- Book Lady, a half-hour documentary about country music legend and pop-culture icon Dolly Parton's campaign for children's literacy, will have its first Canadian broadcast on Sunday, Nov. 22, on the CBC program Canadian Reflections.
- Visit metronews.ca/entertainment for a trailer of the documentary Book Lady.

METRO NEWS SERVICES

Dolly Parton's new DVD/CD, Live From London, is out today.

YOU COULD WIN $3,000 A SHOPPING SPREE TO A CANADIAN MALL OF YOUR CHOICE!
VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!
For a BONUS ENTRY Tweet #TheUglyTruth with your worst date story!
twitter
GET THE UGLY TRUTH ON BLU-RAY™ & DVD TODAY!



theuglytruth
SONY PICTURES HOME ENTERTAINMENT
COARSE LANGUAGE - SEXUAL CONTENT - LANGAGE VULGAIRE - SEXUALITÉ
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes November 30, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca © 2009 Columbia Pictures Industries, Inc. and Beverly Blvd LLC. All Rights Reserved. © 2009 Layout and Design Sony Pictures Home Entertainment Inc. All Rights Reserved.

Simpson's got Hart

Ashlee Simpson isn't taking her dismissal from Melrose Place lying down. According to reports taking on the role of Roxy Hart in the Broadway production of Chicago, according to Gossip Cop. METRO WORLD NEWS

Taylor-made year

Can teen beat veterans for country music's top award?

Kenny Chesney has made the very hard work of dominating country music look easy.

And Taylor Swift is paying close attention.

The 19-year-old sensation has the record sales. She beat out every living artist — no matter the genre — this year with more than 3 million copies of her Fearless CD sold and counting (only Michael Jackson has sold more). The album remains No. 3 after 51 weeks on the charts.

And she's moving concert tickets as fast as they can print them.

That might be enough to sway the more than 5,000 members of the Country Music Association, who decide who gets the trophy for entertainer of the year, the CMA's highest honour, at the CMA Awards tomorrow night (the broadcast will air live on ABC).

She's the youngest ever nominated for the award and the first solo female act since Faith Hill in 2000, and she's faced a lot of questions about whether either is a limiting factor.

"I think you have to do the work and put in the effort and do the touring that it takes to win entertainer of the year," she said in an interview with The Associated Press. "And I don't really think it has anything to do with gender. I think if you want to compete with the boys, play on a level that they're playing at."

And the guys in this category are playing at the highest.

Using a combination of unparalleled album and ticket sales, Chesney has dominated the CMA Awards' most prestigious category with three straight wins and four of the last five.

Brad Paisley leads all nominees with seven and is entering his second year as co-host with Carrie Underwood. Keith Urban's supercharged live show has made him one of country's most bankable stars.

And then there's George Strait, a two-time winner in the category and CMA's career leader in nominations (79, with Alan Jackson) and wins (22).

But 2009 might be Swift's year — and she could soon be in the company of icons like Loretta Lynn, Dolly Parton and Reba McEntire, three of the six other female acts to win entertainer of the year.

But tell that to Swift, and she modestly dismisses the idea: "Don't fill my head with that.''

Nineteen-year-old Taylor Swift, whose album Fearless is till No. 3 on charts after 51 weeks, is the youngest ever artist to be nominated for Country Music Awards' Entertainer of the Year honour.

"It's so wonderful when people come up to me and say that I have a shot at winning. ... But my parents raised me to have the mindset that the world doesn't owe me anything."
Taylor Swift

Kenny Chesney has won the Entertainer of the Year Award three times straight.

"It's so wonderful when people come up to me and say that I have a shot at winning,'' she said. "But my parents raised me to have the mindset that the world doesn't owe me anything." THE ASSOCIATED PRESS

DVD picks

Up

Director: Pete Docter

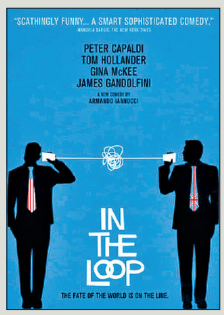
ONE OF THE MOST EMOTIONAL movies yet from Disney/Pixar upholds the studio's sterling reputation with a romantic and quixotic adventure about a grumpy septuagenarian determined to fulfill a promise made to his late wife.

Directed by Monsters, Inc. helmer Pete Docter (with co-direction and co-writing by Bob Peterson), Up follows the quest of Carl Fredericksen (Ed Asner), a 78-year-old balloon salesman with a head like a lantern but an attitude like a spent match.

Carl recently lost his wife Ellie, the love of his life, whom he had promised to one day take on safari mysterious Paradise Falls in the jungles of South America.

Life interfered, but fate, ingenuity and a nod to The Wizard of Oz get the dream aloft once more, sending Carl and eight-year-old stowaway Russell (Jordan Nagai) on a wild ride.

Extras abound, including a commentary by Docter and Peterson, making-of featurettes and the short films Dug's Special Mission and Partly Cloudy.



In The Loop

Director: Armando Iannucci

"WE, THE PEOPLE," becomes "We, the political weasels" in the backrooms of power in Washington and London, in this relentlessly savage but often very funny political satire by Armando Iannucci, a Scotsman with an Italian name who is known as a comedian and broadcaster over in Blighty.

Based in large part on Iannucci's BBC series The Thick of It, it proceeds from the popular notion, born of bitter experience, that any politician or civil servant will always choose to do the sneaky thing rather than the right thing.

Despite the efforts of PR manager Judy (Gina McKee) and greenhorn political adviser Toby (Chris Addison), bumbling Brit cabinet minister Simon Foster (Tom Hollander) continues to put his foot in his mouth over an impending Middle East war led by Britain and the U.S.

It makes for a woozy trip across the Atlantic and it could really bum you out, even as it makes you roar with laughter. Will Obama's "change you can believe in" end this way, too?

Peter Howell/for Metro Canada

WITH ROGERS ON DEMAND, WATCHING THE UGLY TRUTH IS A BEAUTIFUL THING.

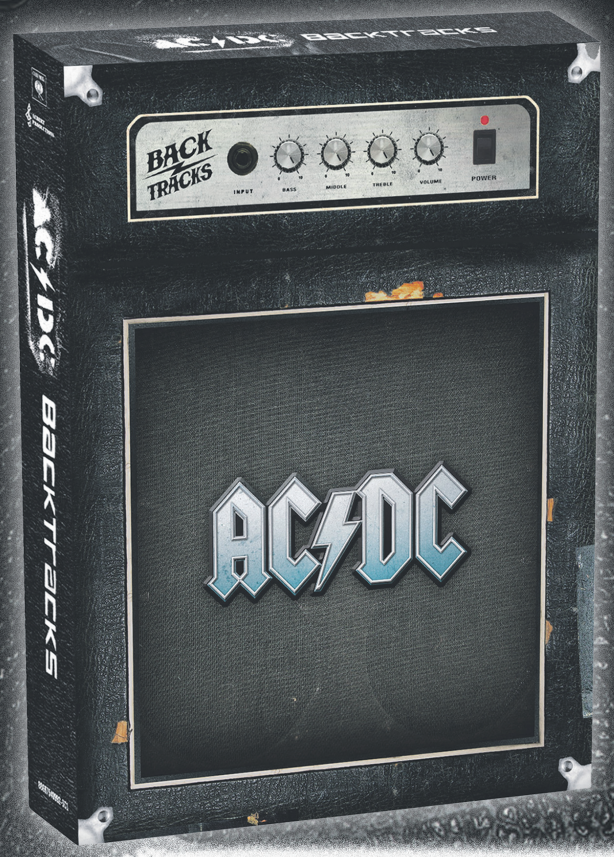
THE UGLY TRUTH IS AVAILABLE TONIGHT ON CHANNEL 100 – THE SAME DAY AS THE DVD RELEASE.
You don't have to rush to the video store tonight. Order *The Ugly Truth* On Demand from the comfort of your home. All it takes is the push of a button, and there's no DVD to return.

ROGERS ON DEMAND | CHANNEL 100
The Way TV Should Be™

AVAILABLE TONIGHT – CHANNEL 100

ROGERS™

™Trademarks of or used under license from Rogers Communications Inc. or an affiliate.
The Ugly Truth © 2009 Columbia Tristar Marketing Group, Inc. All rights reserved. © 2009 Rogers Cable Communications Inc.



AC/DC

Backtracks

WIN

AN AUTOGRAPHED

AC/DC GUITAR

OR 1 OF 25 AC/DC PRIZE PACKS

ENTER AT metronews.ca

BACKTRACKS

THE AC/DC COLLECTION

BEYOND THE ALBUMS...

BEYOND BELIEF

- 2 CD'S OF LIVE AND STUDIO RARITIES
- DVD - DISC 3 OF FAMILY JEWELS

IN STORES NOW!

HELLS BELLS!

I WANT THE ULTIMATE AC/DC COLLECTION

- 3 CD'S OF LIVE AND STUDIO RARITIES
- 2 DVD'S INCLUDING DISC 3 OF FAMILY JEWELS
- 164 PAGE BOOK OF RARE AND UNSEEN PHOTOS
- ALL IN A WORKING GUITAR AMPLIFIER!

ORDER YOURS TODAY ONLY AT

ACDCBACKTRACKS.COM

Susan Boyle in Toronto

Susan Boyle, the Scottish singer who became a YouTube sensation, is set to sing in Toronto later this month. The Nov. 26 show at the First Canadian Place Waterfall Stage will be her only Canadian appearance. THE CANADIAN PRESS

Lopez sues ex to prevent sale of alleged sex movie

Singer Jennifer Lopez has won a court order barring her first husband from making their sex life public — at least for a day.

Lopez sued Ojani Noa for $10 million US, claiming he intends to make and sell a movie containing home video of the actress in sexual situations, including during their 1997 honeymoon.

A Los Angeles judge on Monday barred Noa and his producer, Ed Meyer, from distributing the material until a Tuesday hearing on whether to extend the order. Noa says he'll fight the order.

Lopez and Noa were married for 11 months. She claims he's violating a prior confidentiality agreement.

In 2007, Lopez won $545,000 in another lawsuit that blocked Noa from publishing a ghostwritten tell-all book. THE ASSOCIATED PRESS

Annabel Lyon appears to be Giller favourite: Bookstores

If you put any stock in what bookstores are saying, Vancouver writer Annabel Lyon appears to be the favourite to win the Scotiabank Giller Prize tonight.

Nicholas Hoare, who has namesake stores in Montreal, Ottawa and Toronto, says shoppers have overwhelmingly favoured Lyon's novel, The Golden Mean, since the Giller short list of five titles was announced on Oct. 6.

Nominated alongside Lyon are Montreal's Colin McAdam and Toronto writers Kim Echlin, Linden MacIntyre and Anne Michaels.

Hoare has stocked up on Lyon's book at his stores, while his inventory levels are much lower for the other novels.

"(My stores) will not sell out of the Giller winner if my horse is the right one to run, but on the other hand, they will be out of it in a hell of a hurry if (one of) the other ones (win)," Hoare said.

"There has not been particularly great excitement on the part of the other four — although they're obviously very healthy little fellows — but her book is moving way out."

According to Giller organizers, all of this year's finalists have already benefited from the so-called Giller Effect, a spike in book sales after being added to the short list.

The finalists had a 941 per cent average increase in sales in the first week after the short list was announced, Giller organizers say, and there's undoubtedly another sales bonanza in store for the winner.

Last year's Giller champ, Through Black Spruce by Joseph Boyden, saw its sales increase another 560 per cent in the week following the award ceremony.

There usually isn't one shortlisted novel that has runaway success this early in the game, Hoare said, making Lyon's sales dominance unusual, especially since the novel's subject matter — the relationship between Aristotle and the teenaged Alexander, before he was Great — may sound a bit academic to some.

Online retailer abebooks.com hasn't seen a serious jump in sales for any of the short-listers but Lyon is ahead of the competition when it comes to sales of signed copies and first editions.

The Giller award gala will be broadcast live tonight at 9 p.m. ET on Bravo and BookTelevision.

THE CANADIAN PRESS

"There has not been particularly great excitement on the part of the other four ... but her book is moving way out." Nicholas Hoare

Annabel Lyon

Pollock Dance Studio
Latin
416-485-9305
Ballroom
www.pollockdancestudio.com
1910 Yonge Street - Open Mon-Fri 12-9pm, Sat 1-5pm - Drop-In Welcome
LEARN TO DANCE LATIN, BALLROOM & SALSA
NEWCOMER SPECIAL
$45/ 4 LESSONS
Register Now!! - Singles or Couples - Call to book a free trial lesson 416-485-9305

THE OTHER BUNNY IS JUST LIKE THE EASTER BUNNY, EXCEPT HE WORKS 364 TIMES HARDER.
THE OTHER BUNNY
DELIVERS Cadbury Mini Eggs* THE OTHER 364 DAYS.
Now available year round.
*Trademark of Cadbury UK Limited, used under license

Ticket to Neverland
Toronto comedian Sean Cullen will play Smee, Captain Hook's sidekick, in Peter Pan at the Stratford Shakespeare Festival next season. The festival announced Cullen will also appear as Vinnie, the MC, in the new play King of Thieves, by George F. Walker. THE CANADIAN PRESS

CHARLIE RIEDEL/THE ASSOCIATED PRESS

Pictured last month, the Kansas farmhouse where the Clutter family was murdered in 1959.

Bad blood, 50 years later

It's one of America's most haunting crime stories: four members of a Kansas family brutally murdered at their farmhouse on Nov. 15, 1959.

The slaying of the Clutters — chronicled in Truman Capote's book, In Cold Blood — has overshadowed the rural town of Holcomb for the past half-century.

For many townsfolk, the wounds have been slow to heal partly because of Capote's critically acclaimed book that spawned a new literary genre. The book has been reviled in its birthplace by residents because of its recreation of events that never happened, and what they call commercial exploitation of the victims. Subsequent movies have also been unpopular here.

"They made a tremendous amount of money off our great tragedy," said Bob Rupp, who, as a teenager, dated Nancy Clutter.

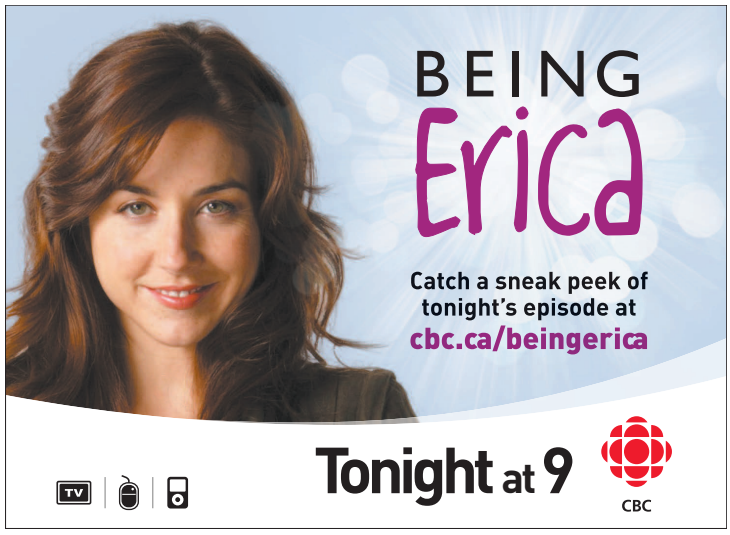
The horrific slayings of Herbert Clutter, a farmer and community leader; his wife, Bonnie Mae Fox, and their children, Kenyon, 15, and Nancy, 16, shattered a generation's innocence.

The hunt for the killers — parolees Dick Hickock and Perry Smith, who were later tried and executed — mesmerized the nation, drawing journalists from across the country.

"I wish the book had not been written," said relative Shirley Clutter, 80, at the recent unveiling of a memorial to the slain family. THE ASSOCIATED PRESS

On screen

- The 1966 book In Cold Blood spawned a 1967 film version and a later miniseries. It also inspired the 2005 film Capote, with Philip Seymour Hoffman in the Oscar-winning title role.



State worker guilty of illegally peeking into celeb passports

A veteran State Department worker pleaded guilty yesterday to illegally viewing passport files of celebrities. Susan Holloman, 58, of Washington, pleaded guilty before U.S. Magistrate Judge Alan Kay to one count of unauthorized computer access. THE ASSOCIATED PRESS

mogo
borrow up to $1500 instantly for free!
mogomoney.com »absolutely no strings attached and no hidden fees
new to mogo? Apply now & get your first Zip Money loan FREE! Promo Code: METRO 5

Here comes Santa Claus...

Enter to WIN 4 VIP seats for you and 3 friends to watch the Toronto Santa Claus Parade.

Watch Canada's largest Santa Claus Parade on November 15 from the best seats on the street!

Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes November 10, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

Go to metronews.ca for your chance to win one of two prize packs.

metro

Mix of Six

Benefit

Tonight, Berkeley Church, 315 Queen St. East

The Giller Light Bash, celebrating Canadian literature and a benefit for Frontier College, takes place at 7 p.m. gillerlightbash.ca

Food

Today

Taste Matters '09, featuring food and wine from Africa, Asia, Spain and the Middle East, takes place at 6 p.m at Liberty Grand, Exhibition Place. $100. tastematters.ca

Talk

Today, Reference Library, 789 Yonge Street

Peter Mansbridge and Rex Murphy discuss journalism in the age of celebrity at 12:30 p.m. The event is free.

Concert

Today, 56 Blue Jays Way

Blue Rodeo performs at free rooftop concert at 56 Blue Jays Way at 2:30 p.m.

Theatre

The Panasonic Theatre 651 Yonge Street

My Mother's Lesbian Jewish Wiccan Wedding by David Hein and Irene Carl Sankoff is being performed. mirvish.com

Music

Tonight

El Mocambo

San Francisco indie rock band Girls perform for the first time in Toronto. Tickets $12.

Woods wants 'justice'

LEGAL Actor James Woods was expected in a Rhode Island courtroom as a trial begins in a lawsuit he brought against the hospital where his younger brother died in 2006.

Opening statements were scheduled yesterday in Kent County Superior Court.

Woods claims Kent Hospital was negligent in caring for his brother, Michael, who was 49 when he died of an apparent heart attack. It's unclear how much money or other damages Woods is seeking.

A spokesperson for the hospital did not return a message seeking comment Friday and lawyers for both sides declined to comment.

Woods told The Associated Press on Friday that he was seeking "justice" for his brother.

THE ASSOCIATED PRESS

Curb coming to basic cable

COMEDY TV Land and TV Guide Network say they are jointly acquiring basic cable rights to air Curb Your Enthusiasm, the HBO comedy series produced by and starring Seinfeld co-creator Larry David. Curb Your Enthusiasm will come to TV Guide Network starting next February. TV Land expects to air the series as early as 2013.

THE ASSOCIATED PRESS

Metro Global Photo Challenge
LET THE WORLD SEE THROUGH YOUR EYES
VOTE ONLINE NOW
Put Canada's best photographic talent on a global stage.
We asked Metro readers to submit their entries for the 2009 Metro Global Photo Challenge across our three categories: People, Places and Climate Change.
We have received thousands of entries, but only the single most popular entry in each category will go through to our Global judging panel. Make sure Canada's best entries go forward.
For more details metrophotochallenge.ca
metro

LAST CHANCE TO SEE TOPOL
THE STAR OF THE MOTION PICTURE
THE FAREWELL TOUR
TOPOL IN Fiddler on the Roof
DECEMBER 8 – JANUARY 10
TICKETS NOW ON SALE AND GOING FAST!
AIR CANADA PRESENTING SEASON SPONSOR
CANON THEATRE 244 VICTORIA STREET • TORONTO
416-872-1212
1-800-461-3333
MIRVISH.COM
A MIRVISH SUBSCRIPTION ATTRACTION

Nick is sick

The Jonas Brothers were forced to cancel a concert in Switzerland on the weekend. A statement released on Twitter said youngest brother Nick, left, is ill with an upper respiratory infection and was advised not to sing. POPEATER.COM

The high notes, and the low

Canadian bandleader charts his career in a new book

In both music and comedy, timing is everything.

Few know that as well as late-night bandleader Paul Shaffer, whose charmed career took him from childhood synagogue performances in northern Ontario to TV gigs backing Bob Dylan, Gilda Radner, John Belushi, Ray Charles and David Letterman.

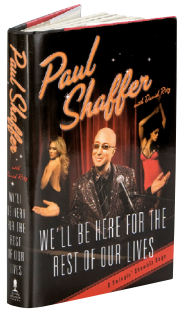
But it was a lack of good timing that torpedoed two of Shaffer's biggest opportunities, as the Canadian keyboardist reveals in his recent memoir, We'll Be Here for the Rest of Our Lives.

One involved a missed phone call in which Jerry Seinfeld offered him the role of George Costanza in a new sitcom he was pitching, called Seinfeld.

"Jerry's great, but what kind of show could he possibly have?" Shaffer writes in his sprawling, lightheartedly collection of anecdotes. "So I never returned the call. Schmuck."

The other missed opportunity was due to a botched schedule that forced Shaffer to drop out of the Blues Brothers movie, which was packed with soul legends and personal heroes, including James Brown, Ray Charles and Aretha Franklin.

DIANE BONDAREFF/THE ASSOCIATED PRESS



In his new memoir, musician Paul Shaffer, left, reveals he passed up the chance to play George Costanza in Seinfeld.

Shaffer says he was in the middle of helping comedian Radner record an album, when a conflict spawned "a major feud" with Blues Brother star Belushi.

"(Belushi) released a statement to our group on Saturday Night Live (saying) 'Paul Shaffer's out, he's not a Blues Brother, he will never be a Blues Brother,' " Shaffer recalled recently, promoting his book in Toronto.

"And I just felt horrible about … missing the movie of a band that I had so lovingly helped put together. But I did the only thing I could do. Gilda had been such a wonderful friend to me and I just couldn't leave her in the lurch."

In true Canadian fashion, Shaffer's only significant revelations are self-deprecating. The amiable piano man eschews celebrity dirt while name-dropping such scandal-plagued stars as Belushi, Andy Kaufman, John and Mackenzie Phillips, Phil Spector, and Shaffer's boss, Letterman.

"How could I write a tell-all? I mean, there's nothing much to tell, really," says the 59-year-old Shaffer. "People have picked over that history so much — I'm here to just pick up the pieces and tell you how much fun we had …"

He says, like most people, he was stunned by revelations of incest in Mackenzie Phillips' biography, High on Arrival. Shaffer writes of an evening he spent with the teenaged Phillips in 1977, when she complained of listening to people tell horrible stories about her father.

Shaffer acknowledges that "stuff got left out (of the book)." But, he adds, "I'm ready to go with Volume 2. I've got enough stories left over."

THE CANADIAN PRESS

Comedian-rapper Williams in jail on burglary charges

BEHIND BARS Comedian and rapper Katt Williams remained jailed in suburban Atlanta yesterday after police said they arrested the entertainer for breaking into a home and stealing jewellery and coins.

Williams, 38, is charged with burglary and criminal trespassing, according to Maj. James Yarbrough of the Coweta County Sheriff's Office. A Coweta County magistrate set bond at more than $43,000.

Williams

Yarbrough said the incident happened Sunday night at a home in Newnan, Ga., about 61 kilometres southwest of Atlanta, when a homeowner called police to report the break-in.

The intruder allegedly had a crowbar and stole $3,755 in jewellery and collectible coins.

Williams, whose full name is Micah S. Katt Williams, is known for his roles in the movies Friday After Next and Norbit. His DVD, Katt Williams: Pimpadelic, was No. 8 on sales charts last month, according to Nielsen/VideoScan.

Williams was sentenced to three years' probation in 2006 for carrying a concealed firearm. He was briefly jailed on weapons charges last November.

THE ASSOCIATED PRESS

TV Babies!

"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."

"We need cute babies and toddlers and boys and girls up to 16!"

Phones are open now for parents to list babies and kids. Dial (416)

925-6140

Toronto relies on other cities for 50,000 units of blood each year.

You can change that.

1 888 2 DONATE

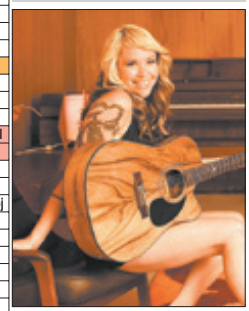
Canadian Blood Services
it's in you to give

To	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/10/09	265	353	2 TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (N)		The Cosmos	The Cosmos	Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	NCIS "Endgame" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News Final
	215	343	4 OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8 CTV	etalk	Hollywood	V (HDTV) (N)		Dancing With the Stars		Law & Order: SVU		CTV News
	218	345	11 CHCH	*Summer City* ★★ (1977, Drama) John Jarratt, Mel Gibson.				*Shopping* ★ (1994, Action) Sadie Frost, Jude Law.				News at 11 (N)
	137	763	13 TFO	Panorama		Un monde de passions		*Les Amants réguliers* ★★ (2005, Drame) Louis Garrel, Clotilde Hesme.				
	-	-	14 -	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Redux China
	213	326	15 SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16 CBS	Inside Edition	Hollywood	NCIS "Endgame" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News 4 at 11
	-	385	17 NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	V (HDTV) (N)		Dancing With the Stars		Big Stars All Access Nashville		News
	219	346	20 ACH-B	Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				The Vampire Diaries		A News
	-	-	28 FOX	Judge Judy	Two/Half Men	So You Think You Can Dance (HDTV) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Foot in Grave	Nova (N) (DVS)		Frontline (HDTV) (DVS)		Hallowed Grounds		Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "Ocean"		PIX News at Ten Tong.		Two/Half Men
	296	654	331 SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332 TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26 NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33 CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (Part 1 of 4) (N)		
	509	504	79 CNB	Kudlow Report		Big Mac: Inside McDonald's		Executive Vision		Porn: Business of Pleasure		Mad Money
sports	405	417	22 net	NHL Hockey Minnesota Wild at Toronto Maple Leafs. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		Hockey Central
	400	400	30 TSN	NHL Hockey Pittsburgh Penguins at Boston Bruins. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58 OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81 SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time
family	551	542	25 YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27 W	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked (N)		Younger
	570	580	29 MM	One Tree Hill		Love Court	Video on Trial	Degrassi: TNG	Degrassi: TNG	MuchNews	My Date With...	One Tree Hill
	615	520	31 A&E	Criminal Minds (HDTV)		The First 48		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	700	800	35 TLN	Centrovetrine	Sky TG 24	Serie A	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	Lopez Tonight
	571	581	36 MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38 CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39 SHO	The Outer Limits		*On the Other Hand, Death: A Donald Strachey Mystery*				Bones (HDTV)		NCIS
	620	523	40 BVO	Making of a	World of M.G. Vassanji		Arts & Minds	The Scotiabank Giller Prize		At the Concert Hall (N)		Law & Order
	601	562	41 SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43 HIS	Battlefield Mysteries		Convoy: War of the Atlantic		Massacre at Verrieres Ridge		Battlefield Mysteries		Battlefield
	625	548	44 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47 TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Without a Paddle* ★★ (2004, Comedy)		
	576	582	49 BET	106 & Park: BET's Top 10 Live		*Beauty Shop* ★★ (2005, Comedy) Queen Latifah.				Monica: Still	Monica: Still	Mo'Nique
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "New Terrain"		Fringe (N)		InnerSpace (N)
	581	566	52 MTV	Peak Season	After	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54 TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56 FOOD	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.
	261	394	60 V	Murder, She Wrote		Hallelujah!	Dinnerladies	Quantum Leap		Great Souls		Hana-Suitcase
	621	527	63 STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101 TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249 VIVA	Cold Case		Missing A judge is blackmailed.		The Closer "Batter Up"		Cold Case		Psychic Inv.
	300	601	301 M1	*Walk Hard*	(7:25) *The Building* (2009, Drama)			*Paul Blart: Mall Cop* ★★ (2009, Comedy)			(10:35) *American Gangster*	
	305	612	306 PIX	(7:15) *Premonition* ★ (1999, Suspense), Adrian Paul				*Caddyshack* ★★ (1980, Comedy)			(10:40) *Caddyshack II*	

critics'corner

At the Concert Hall

This new episode celebrates the Motown sound with an impressive roster of Canadian artists performing the hits that made Berry Gordy's record label a force in the music industry. Performers include Colin James, Divine Brown, Suzie McNeil, Justin Nozuka, Matt Dusk and Justin Hines. 10 PM on BVO



NCIS: Los Angeles

Who shot Callen? The team gets a lead from a surprising source in this new episode. The murder of a Russian woman leads Hanna and company to evidence that answers not only who tried to take Callen's life six months earlier, but why in "Pushback." 9 PM on GTV CBS

The Good Wife

Alicia is representing the daughter of one of the partners in the firm, and her co-counsel on the case, Ryan Alprin, is taking an unusual approach to the defense. Alicia finds both the man and his defense strategy attractive in the new episode "Unorthodox." 10 PM on GTV CBS

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

Warden & Finch
— 20 Stonehill —
NEW MANAGEMENT
3 bdrms & 3 bdrms + Den
• Completely updated suites
• Brand new kitchens & bathrooms • 2 bathrooms
• Close to EVERYTHING
416.498.8725
apts@prestongroup.ca
prestongroup.ca

EGLINTON-KIPLING
35 & 53 Warrender Ave.
1 Bdrm from $980
2 Bdrm from $1,145
Immediate & Later
Beautiful treed setting, near schools, TTC, 427/401, airport, shopping, C/AC avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security
1 MONTH'S FREE RENT
APPLY 1450 KIPLING,
S.W. OF EGLINTON 416-231-2003
WWW.PRINCESSMGMT.COM

UPTOWN DVP & YORK MILLS
1200 & 1202 York Mills
Newly Renovated 2 Bedroom Suites
From $1177/mth.
Close to York Mills & Sheppard Subway • Easy access to 404, 401, 407 & DVP • Minutes to Fairview Mall • Tuck shop, Daycare & Hair Salon on site • TTC at your door
416-449-9910
Rentalsyorkmills@sterlingkaramar.com
www.sterlingkaramar.com

DOWNTOWN BLOOR & DOVERCOURT
730 Dovercourt
LRG Bach, 1 & 2 Bed Suites
From $857/mth.
Walk to Ossington & Dufferin Subway • Walk to Wal-Mart & Dufferin Mall • Minutes to U of T • Lovely views of the Lake • Beautifully Landscaped
416-534-1139
Rentalsdoversquare@sterlingkaramar.com
www.sterlingkaramar.com

Pharmacy & Danforth Ave.
1 & 2 bdrms from $835
Utilities included, refreshed suites, close to subway, shops
MOVE-IN BONUS ON SELECT SUITES
9-5 Mon-Fri 12-5 Sat & Sun
416.698.7233 • 416.694.3187
WWW.PRINCESSMGMT.COM

JANE/STEELES
310/320 Niska Road (north york)
FRESHLY PAINTED AND WELL MAINTAINED
Spacious 1, 2 & 3 bdrms from $735/mo.
UTILITIES INCLUDED
Walk to York University
Parking Available
Large balconies
Call 416-720-9500

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

PFS Loan Centre
Need a loan?
Bankrupt, Proposal or Past Bad Credit?
Why pay sky high payday loans? Our rates are affordable!
Think smart. Think Prudent.
Car paid off? (6 years or newer - up to $15,000) (1 yr. on job, $15/hr min. req.)
Personal loan
Rebuild your credit!
PrudentLoanApprovals.com 416.634.2013

BDO BDO Dunwoody Limited
Get out of debt without going bankrupt
• Reduce amount you must pay back
• Consolidate debt
• Stop interest
• Protect your assets
bdodebthelp.ca
Locations throughout the GTA
1 800 561-DEBT (3328)
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

Financial Problems?
DEBTS??
Missed Mortgage Payments?
ONE SMALL monthly payment to
AVOID BANKRUPCY
We can HELP (416)-663-5444
www.alliancecredit.ca

Debt Relief
Are you struggling with debts?
Let us help you:
• settle your debts without a bankruptcy
• reduce your debts by more than half
• only one low monthly payment
• no interest, stops garnishment
Nona Ramcharan
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line: 416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements
Offices in North York, Scarborough & Mississauga
Tel: 416-665-DEBT

SkylarkMortgages.ca
Since 1977
1st, 2nd, 3rd
Mortgage Money Available
Residential/Commerical
Renovations/Tax Arrears
Self-Employed/ No Income
Any Credit/Power of Sale
APPROVAL BY PHONE • CALL STEVE
416.824.3260
MORTGAGE LIC. #10041

MONEY PROBLEMS?™
No need for BANKRUPTCY
Make one small monthly payment for all your Debts!
Call Now: 310-7700 (no area code required) visit: www.gta-credit.com

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# M08000730
www.mortgagegenie.org
416-667-9834

PLAY FREE
online games daily.
metronews.ca

RECESSION PROOF YOUR INCOME for 2010!
If you are looking for a way to earn extra income from home on a full or part time basis, setting your own hours, then this opportunity is for you.
Become an Independent Representative, marketing the product of the future - allowing you to deliver the future of communication - today.
TORONTO WEST HOLIDAY INN
HEARTLAND ROOM
100 Britannia Road East
Mississauga, ON, L4Z 2G1
THURSDAY NOVEMBER 12th at 6:30pm
ctwolfe@acnrep.com 647 456 5801

LOANS LOANS LOANS
Borrow up to $10K
MONEY SAME DAY!
Not so good credit ok!
Must have credit cards for over two years
416-221-2345

Visit metronews.ca to watch metrotube of the day

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose
• Purchase or re-finance up to 95%
• With rates at historic lows, now is the time to re-finance your home!
• Consolidate cards into one payment
• Self-employed? No income qualifying?
• Good, bad or no credit?
• Behind in Mortgage Payments?
CALL TODAY FOR DETAILS
COMMERCE VENTURES
416-913-9593
OR 647-273-5626
License # 10724

Brokers National
500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

LEGAL

Criminal Pardons
& US Entry Waivers
Call Now for a Free Consultation
416-854-5978
or Apply Online at:
LegalPardons.ca

CAREER TRAINING

Become a PSW
Flexible hours
PERSONAL SUPPORT WORKER PROGRAM
ABMCollege.com
(416)913-4700
705 Lawrence Ave. W/ Allen Rd.

LEGAL

CRIMINAL DEFENCE LAWYER
with 20 years experience
Will defend you on all criminal charges including:
All Sexual Charges • Drug Charges
• Weapons Charges
GERRY MAZZA | 416 902 9810

PSYCHICS

Powerful Indian Astrologer
Pandit Sivarama Guruji
Black Magic • Evil remove immediately • Etc. • He speaks English, Hindi, and Tamil
Business investments • Work problems • Money problems • School exams • Court cases
Family arguments • Jealously • Worries about loved ones • Childless couples
Money blessing • Sexual problems • Depression • Drinking problems • House production
He is very special in removing black magic & gives production
he performs all types of pujas for all problems
Call: 416-829-2941 | 2646 Islington Ave. (Islington & Albion)
Open 7 days a week from 10:30 am to 8:00pm

Mr. Saleem
Renowned African Medium & Clairvoyant (english, french and portuguese speaking).
Love specialist, resolves all problems, business success, release from spells, protection against enemies. Court cases, reunite lovers' forever even hopeless cases.
25 years experience. Quick Results.
Don't suffer in silence seek help!
647-281-4609

MR.ABDOUL AFRICAN MARABUT
NATURALLY GIFTED CLAIRVOYANT / MEDIUM. I CAN HELP WITH ALL YOUR RELATIONSHIP MATTERS, REUNITE LOVERS & SAVE MARRIAGES. REMOVE NEGATIVITY TO IMPROVE YOUR LUCK IN BUSINESS, JOB & COURT CASES. CAST OUT SPIRITS AND UNKNOWN FORCES. PROVIDE LASTING PROTECTION.
WHERE OTHERS HAVE FAILED, I HAVE SUCCEEDED FAST! EFFECTIVE RESULTS!
CALL NOW 416-784-1322

SPIRITUAL READER & ADVISOR
By the sound of your voice, she will tell you past, present & future. Gives you advice on love, marriage, business, home, family. She will not ask why you called, she will tell you. Specializes in reuniting loved ones where others have failed. She has succeeded. She is superior over all, she is gifted with amazing powers. With one call you will be convinced, with her gifted powers. Immediate results guaranteed. No problem is to big or small, so if you're ready for life changing results, call for a free consultation 416-840-6615

MR. KAREEM
LOVE AFRICAN CLAIRVOYANT SUCCESS
MEDIUM
GENUINE SPIRITUAL HEALER
CAN HELP YOU TO SOLVE ALL YOUR PROBLEMS: LOVE RELATIONSHIP, MARRIAGE, FAMILY PROBLEMS. PROTECTION AGAINST ENEMY, COURT CASES, BAD LUCK, WEIGHT LOSS ETC. SERIOUS WORK, RESULTS GUARANTEED, DISCRETION GUARANTEED
416.789.3170

FAMOUS INDIAN ASTROLOGER
PANDIT BABU SWAMY
1st Time In canada
For suggestions and solutions on Love, Marriage, Education, lucky number, Husband & Wife Problems, Career, Sickness, Business, Children Mistakes, Sexual Problemds, Family Problems, Evil Effects and etc..
Specialized in removing black magic and gives protection, perform all types of pujas for all problems.
Guaranteed Results
He can handle any kind of problems
Spiritual leader
for appointments: Call 647-996-7107
2432 Eglinton Ave E. Unit # 1 @ Kennedy in the No Frills Plaza
Inside Of Victoria Furniture from 11:00 an - 8:00 pm

DIVORCE

Fast & Easy
DIVORCE
DivorcePlease.ca $300
416-667-1101
Call For Free Consultation

SIMPLE (UNCONTESTED)
DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
Lawyer-prepared and filed for you
Member Better Business Bureau

In Toronto,
we use more blood than we give.

You can change that.
Call 1 888 2 DONATE

Canadian Blood Services
it's in you to give

BLOOD.CA WWW.BLOOD.CA WWW.BLOOD.CA WWW.BLOOD.CA 1 888 2 DONATE

Practice makes perfect
The Practice's Marla Sokoloff married Alec Puro, a drummer with the band Deadsy, at an evening ceremony in Beverly Hills on Sunday, people.com reports. "Marla seemed so excited. She and the girls were overheard laughing in the limo," says a witness. METRO NEWS SERVICES

Celebrity Buzz

John opens up on Jett

PROMOTING A MOVIE In his first interview since son Jett's tragic death last January, Scientologist John Travolta says he and his family are relying on almost daily religious counseling sessions to help them cope.

Since the 16-year-old boy died following a seizure, "We've been working very hard every day as a family to heal," Travolta said during a round-table interview with the cast of his latest film, Old Dogs, which also stars wife Kelly Preston and daughter, Ella, 9. "We have our own way of doing it, and it has been helping."

Travolta, 45, said he has been overwhelmed by all the support.

"You need your friends a lot in times like that," he said.

Travolta and Preston declined to comment on an extortion case involving a former Bahamian senator and a paramedic who are accused of demanding $25 million from the family with information about Jett's death. In his extortion trial testimony, Travolta admitted for the first time that his son Jett had autism. He is believed to have kept his son's condition a secret because of the way Scientologists view illness.

A mistrial was declared this past October. A retrial has been ordered

METRO NEWS SERVICES

Kristen keeps the press fiending over Pattinson

HE'S NOT A REAL VAMPIRE Kristen Stewart admits she has no plans for putting speculation about her relationship with Robert Pattinson to rest, claiming that all the attention puts her off.

"I probably would've answered (the romance question) if people hadn't made such a big deal about it," she told Entertainment Weekly yesterday. "But I'm not going to give the fiending an answer. There's no answer that's not going to tip you one way or the other. Think about every hypothetical situation: 'OK, we are. We aren't. I'm a lesbian.'

METRO NEWS SERVICES

Celebrity tweets

Ellen DeGeneres is can't find her stuff and is suffering for it, Rania Al Abdullah knows how to fix everything, Cesar Millan is considering a second career as the Child Whisperer, and John Mayer isn't fazed by the Britney Spears lip-synching controversy.

@TheEllenShow
I still can't find my purse. My lips are starting to get chapped.

@QueenRania
Stop Ignoring the Girls! Start making them count!

@cesarmillan
Does calm-assertive pack leadership work with children as well as dogs?

@johncmayer
If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you.

METRO NEWS SERVICES

Schwartzman only has eyes for George Clooney

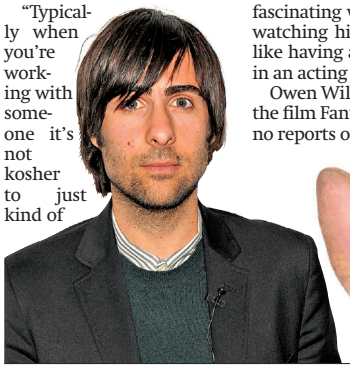
IT'S NOT LIKE THAT Jason Schwartzman couldn't take his eyes off George Clooney while filming Fantastic Mr. Fox, femalefirst.co.uk reports.

The Rushmore actor said working with Clooney on the animated film was a bizarre and amazing experience.

"Typically when you're working with someone it's not kosher to just kind of gaze at them because you're usually on camera as well. But when we were sitting around a table with just a recorder, it was really nice for me to be able to look at George," Schwartzman said.

"I admit I might have actually been staring. Obviously, he's a handsome gentleman, but what I found fascinating was just kind of watching him work. It was like having a front row seat in an acting class."

Owen Wilson also stars in the film Fantastic Mr. Fox — no reports on Schwartzman staring at him.

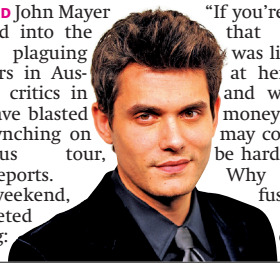


METRO WORLD NEWS

Mayer mocks Britney Spears' fans

TOO BAD, SO SAD John Mayer has wandered into the controversy plaguing Britney Spears in Australia, where critics in the media have blasted her for lip-synching on her Circus tour, people.com reports.

On the weekend, Mayer, Tweeted the following:



"If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you."

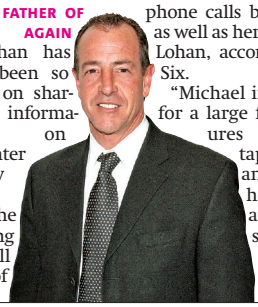
Why all the fuss?

On Friday, about 100 angry fans reportedly stormed out of Britney's concert at the Burswood Dome in the Western Australia city of Perth, saying they were disappointed by the lackluster performance and Spears' lip-synching during her two-hour show.

METRO NEWS SERVICES

Dad selling tapes of Lindsay

HE'S UP FOR FATHER OF THE YEAR AGAIN Michael Lohan has apparently been so keen on sharing information on daughter Lindsay Lohan that he was looking to sell tapes of phone calls between them as well as her mother, Dina Lohan, according to Page Six.



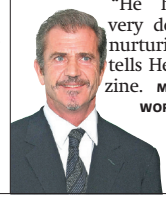
"Michael initially asked for a large fee — six figures — for the tapes of Lindsay and Dina, but he didn't get any takers," a source says.

METRO WORLD NEWS

Gibson great at being dad: Oksana

IT IS HIS EIGHTH Girlfriend Oksana Grigorieva says that Mel Gibson has been a big help with their new kid.

"He has been very doting and nurturing," she tells Hello magazine.



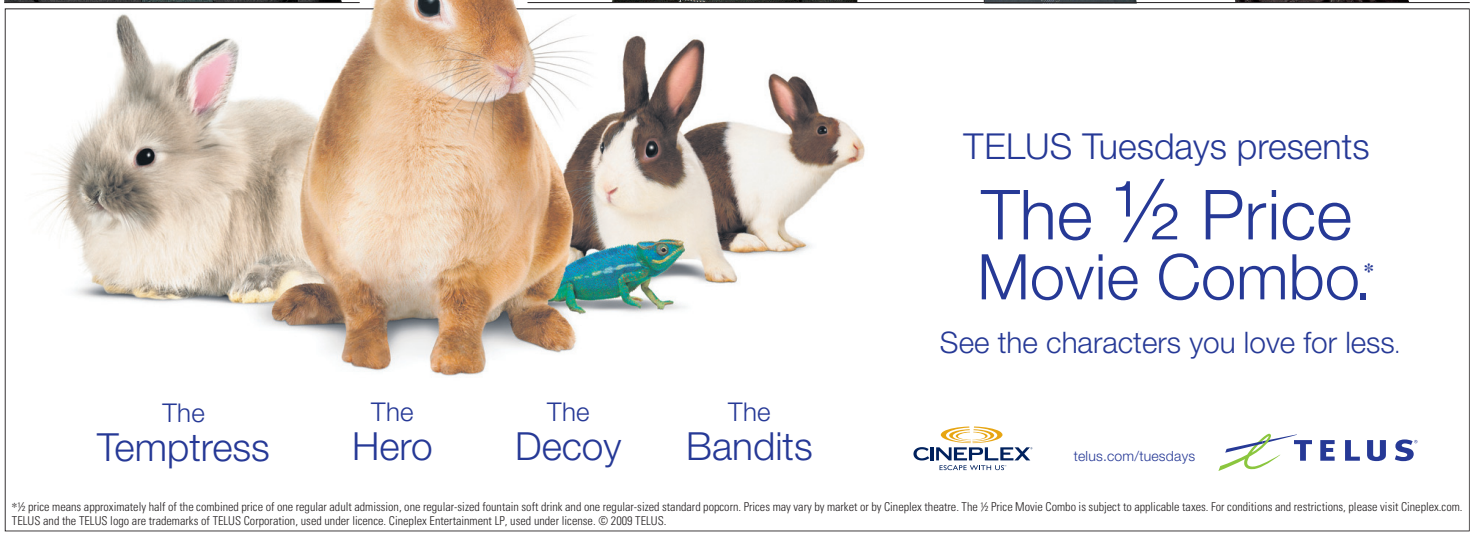
METRO WORLD NEWS

Rihanna rejects a NY Jets' end run

SHE DOESN'T DRINK THE CHEAP STUFF New York Jets star Braylon Edwards got quite the harsh rejection from Rihanna at a club in Hollywood recently.

Edwards sent a $10,000 bottle of champagne over to the singer's table at the Bank at Wonderland nightclub, but Rihanna quickly sent it back.

METRO WORLD NEWS



The Weather Network ©The Weather Network 2009

Today Variable 11° / -1°

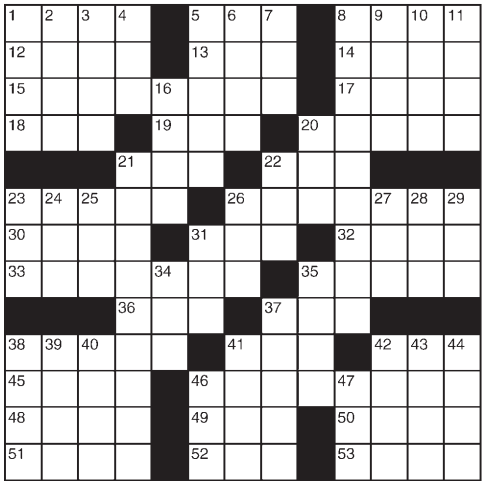
Wednesday Sunny 7° / -1°

Thursday Variable 8° / 4°

TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



ACROSS

1 The third man
5 Sling contents
8 Commanded
12 Mrs. Dithers, in "Blondie"
13 Cattle call
14 Neighborhood
15 "I've Been Everywhere" singer
17 Penpoints
18 Before
19 That guy
20 Take to the rink
21 Bill's partner
22 Autumn mo.
23 Accustom
26 Virginia crop
30 Couch
31 Mandible
32 "Once — a time, ..."
33 Having tines
35 Dish
36 "Krazy —"
37 Collection
38 Spingarn Medal org.
41 See 29-Down
42 Sch. grp.
45 Earthen pot
46 Bread-and-butter note's message
48 Beavers' structures
49 Pick a target
50 Press
51 Being, to Brutus
52 Recipe meas.
53 Fender flaw

DOWN

1 Be sore
2 Sow's mister
3 Sea eagle
4 "Mighty — a Rose"
5 Task for an ob/gyn
6 Leeway
7 Do some yard-work
8 Safe place for lots of money
9 Operatic solo
10 Credit card aftermath
11 Relaxation
16 Old woman's home?
20 Weep loudly
21 Shaft's housing
22 Present
23 Kreskin's claim
24 "— iron bars a cage"
25 Venusian vessel?
26 Slight amount
27 Bookkeeper (Abbr.)
28 Barracks bed
29 With 41-Across, boxing ploy
31 Lustrous black
34 Space
35 Laborer
37 Morass
38 Protuberance
39 "Woe is me!"
40 Charitable donation
41 Anything but that
42 Combustible heap
43 Roger Rabbit, e.g.
44 Family member
46 Make lace
47 Tease

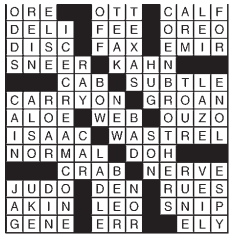
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4			5		
8		7		1			3	
5			2			7		
		1		4	5			7
	3						1	
6			3	9		8		
		4			6			2
	6			3		1		5
		9			8			

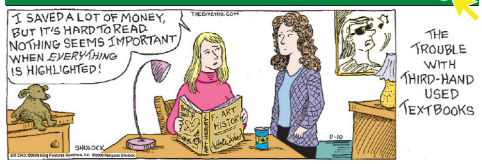
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	4	6	3	2	8	5	1	9
9	1	2	6	5	7	4	3	8
8	5	3	1	4	9	2	7	6
5	8	4	2	1	3	9	6	7
2	9	7	5	8	6	1	4	3
3	6	1	9	7	4	8	2	5
6	2	9	4	3	5	7	8	1
4	7	5	8	6	1	3	9	2
1	3	8	7	9	2	6	5	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Thyme Chicken with Roots

INGREDIENTS:

2 lbs (1 kg) floury potatoes, peeled and cut into large chunks
4 baby parsnips, peeled and quartered lengthwise
4 carrots, peeled and cut in half lengthwise
1 red onion, quartered
4 tbsp (60 ml) olive oil
1 tbsp (15 ml) clear honey
1 orange, quartered
4 chicken breast fillets, with skin
A few sprigs of fresh thyme or rosemary, or 2/3 tsp (2 ml) dried

METHOD:

1. Preheat oven to 375°F (190°C). Parboil potatoes 5 minutes, then drain. Return potatoes to pot, cover and shake vigorously to roughen edges.
2. Lay potatoes, parsnips, carrots and onion in large roasting pan. In small bowl, mix oil, honey and squeezed juice from orange quarters. Drizzle over vegetables and toss to coat evenly. Slash skin on chicken fillets with sharp knife, then place among vegetables with squeezed orange quarters. Season and poke in herb sprigs, or sprinkle with dried herbs.
3. Roast chicken and vegetables in oven, turning vegetables over from time to time, 1 hour or until chicken is golden and cooked through and all vegetables are tender.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You have always been a free spirit and today, more than most days, you will be a lot less inclined to take orders from people you do not respect.

TAURUS ♉
APRIL 21-MAY 21
This is a great day for getting things done. With the Sun aspecting Jupiter, planet of expansion, there is nothing you cannot do.

GEMINI ♊
MAY 22-JUNE 21
Confusion could easily turn to anger today if someone tries to give you the runaround and get you to change things you had already agreed on.

CANCER ♋
JUNE 22-JULY 22
Anyone who thinks you are indecisive will be forced to think again today as you take brave decisions left, right and centre.

LEO ♌
JULY 23-AUG 23
With the Sun squaring up to Jupiter today you may think there is nothing you cannot do, and you may be right, but don't bite off too much in one go.

VIRGO ♍
AUG 24-SEPT 22
Don't let anyone come between you and your goals. You have absolute faith in your own abilities.

LIBRA ♎
SEPT 23-OCT 23
If you have something to say, something you suspect won't go down well, it might be wise to hold back until later in the week.

SCORPIO ♏
OCT 24-NOV 22
You have several interesting social invitations to choose from today but one stands out above the rest.

SAGITTARIUS ♐
NOV 23-DEC 21
Act quickly and decisively today and you will resolve a problem that has been around for too long.

CAPRICORN ♑
DEC 22-JAN 20
You may want to be friends with everyone but according to the planets you will have to get tough today with someone who has let you down.

AQUARIUS ♒
JAN 21-FEB 18
Something out of the ordinary will happen today, something that takes you by surprise and compels you to rethink your plans.

PISCES ♓
FEB 19-MARCH 20
It might be wise to steer clear of topics that are contentious today. Someone in your social or professional circle is itching for an excuse to start a fight.

FLIGHT CENTRE Unbeatable

Orlando $39
Travel Nov 22 - Nov 29/wg
+ taxes & fees $216

Cancun $188
Travel Nov 16 - Nov 23/5g
+ taxes & fees $272

INCLUDES roundtrip air.

1 877 923 2248 | flightcentre.ca

Conditions apply. Ex: Toronto. Air only prices are per person for return travel unless otherwise stated. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. wg=sunwing, 5g=skyservice. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

This day in history

1871: Henry Morton Stanley locates missing explorer and missionary, Dr. David Livingstone in Ujiji, near Lake Tanganyika, allegedly greeting him with the words, "Dr. Livingstone, I presume?"
1954: U.S. President Dwight D. Eisenhower dedicates the USMC War Memorial (Iwo Jima memorial) in Arlington National Cemetery.
1958: The Hope Diamond is donated to the Smithsonian Institution by New York diamond merchant Harry Winston.
1975: The 729-foot-long freighter SS Edmund Fitzgerald sinks during a storm on Lake Superior, killing all 29 crew on board.

METRO NEWS SERVICES

STARBUCKS MANAGEMENT HIRING EVENT

Wednesday, November 11th from 2:00pm – 8:00pm
Hyatt Regency Hotel – 370 King St West, Toronto

We are currently hiring experienced retail or hospitality managers in Downtown Toronto!

OPPORTUNITIES INCLUDE:
Shift Supervisors
Assistant Store Managers
Store Managers

Starbucks is an equal opportunity employer committed to hiring a diverse work team.

Sears

One Day Only!
Wed., Nov. 11, 2009

40% OFF

***All** women's, men's & kids' reg.-priced outerwear

50% OFF ***All women's reg.-priced Jessica®/MD & Jessica Weekend™/MC fashions**

50% OFF ***All men's reg.-priced Protocol®/MD** suits, sports coats, blazers, dress pants, dress shirts & ties

50% OFF **Men's reg.-priced Dockers®** yarn-dyed twill dress shirts
Style #58933-7. Sears reg. 49.99. Each 24.99

50% OFF ***All men's reg.-priced Dockers** casual pants
Plus, 40%, off All other men's reg.-priced casual pants.
Choose from Retreat, Pierre Cardin, Haggar®, Arnold Palmer & Distinction brands.

50% OFF ***All men's reg.-priced sweaters**
Choose from Retreat®/MD, Arnold Palmer®, Distinction®/MD, Pierre Cardin®, Van Heusen® and Nevada®/MD brands.

Save an additional **10% OFF** **All sale-priced bed & bath fashions**

Hurry in!

The first 15

customers in Sears Department & Home stores
will receive a coupon for

25% OFF any reg.-priced* furniture** or sleep set purchase over $1000, before taxes

or

10% OFF any reg.-priced* kitchen major appliance purchase over $1000, before taxes

When you use your Sears® MasterCard® or Sears Card on furniture**, sleep sets and major appliances, you can choose...

Collect Double Sears Club™ Points†† or interest-free financing 'til Jan. 2013‡

*Excludes items with prices ending in .97, Lands' End brand, Special Purchases, '2 for' programs, Jessica fit pants, kids' snowpants and outerwear accessories, women's & men's Columbia® outerwear, men's Roots® outerwear, NHL® & licensed brands, currently advertised items and Mix & Match sleep sets. In store only. Offers valid in Sears Department Stores. Excludes Catalogue and online purchases. ‡Pay in 38 equal monthly installments, interest free, until January 2013. On approved credit. Minimum $200 purchase. $99 installment billing fee and all applicable taxes and charges are payable at time of purchase. If you do not pay the full amount of an installment when due, the unpaid portion of that installment will thereafter accrue interest as of the first day of the next statement period at the rate then in force for purchase transactions. If your account falls four (4) billing cycles past due, this program will terminate and the unpaid balance will accrue interest at the rate then in force for purchase transactions. Offer starts Sat., Nov. 7 and ends Sun., Nov. 15, 2009. ††On approved credit. Purchases made on the Sears® MasterCard® or Sears Card will receive Double Sears Club Points when finance option is not chosen. Does not apply to taxes or delivery charges. **D/601 Furniture Shop; excludes baby and patio furniture in Sears Department stores. †We will match any Canadian competitor's advertised price on identical items within 30 days of purchase.
Look for the **ENERGY STAR®** logo. It shows that the product meets **ENERGY STAR** specifications for energy efficiency.

NE112G509 © 2009 Sears Canada Inc.

AIR CANADA VACATIONS

GREAT deals starting at $639

+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Varadero
Sirenis La Salina
Varadero • 4★
All-Inclusive • Standard rm.
Nov. 28 – Dec. 13 • 1 wk.
$639
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Bermuda
The Fairmont Hamilton Princess • 5★
Moderate rm.
Nov. 21, 26, 27, 29 & Dec. 3, 4, 6 & 10 • 3 nts.
Book by Nov. 13
$699
+Taxes & other fees (including service charges): $179

Samana
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Dec. 19 & 20 • 1 wk.
$999
+Taxes & other fees (including service charges): $307

Holguin
Playa Pesquero • 4 1/2★
All-Inclusive • Standard rm.
Nov. 28 • 1 wk.
$669
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

La Romana
Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
Dec. 19 • 1 wk.
$999
+Taxes & other fees (including service charges): $307

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 9 – 30 • 1 wk.
$1199
+Taxes & other fees (including service charges): $274

2 tickets* to Cirque du Soleil®
Disney's THE LION KING and more with MGM Mirage resorts in Vegas

Valid for bookings made by Nov. 16 for travel from Nov. 22, 2009 and completed by Feb. 4, 2010.

Las Vegas
Monte Carlo Resort & Casino • 4★
Hotel rm.
Jan. 10, 24 & 26 • 3 nts.
$399
+Taxes & other fees (including service charges): $151

MGM Grand Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
Jan. 10, 24 & 26 • 3 nts.
$439
+Taxes & other fees (including service charges): $151

DEAL to EUROPE
London
Hotel Ibis London Earls Court • 3★
Standard rm. special
Dec. 8 & 10 • 4 nts.
$597
+Taxes & other fees (including service charges): $410

DEAL on CRUISES
Royal Caribbean International[1]
Adventure of the Seas®
Southern Caribbean Cruise
Flights to San Juan
Balcony stateroom, cat. D3
Nov. 22 • 1 wk.
$1049
+Taxes & other fees (including service charges): $247

BEACHES RESORTS
EARN UP TO 5,000 BONUS AEROPLAN® MILES‡

Jamaica
Beaches Boscobel Resort & Golf Club
Luxury Included® Vacation for Everyone
Luxury family suite
Jan. 5 – 7, 10, 12, 14 & 17 – 20 • 1 wk.
$1899
+Taxes & other fees (including service charges): $271
Please add $50 for Sat. & Sun. departures

Turks & Caicos
Beaches Turks & Caicos Resort Villages & Spa
Luxury Included® Vacation for Everyone
Turquoise deluxe rm.
Nov. 21 & 22 • 1 wk.
$3439
+Taxes & other fees (including service charges): $233

Fly in style – Upgrade to Executive Class® service

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 7,000 Aeroplan® Miles per member†

Beaches Resorts for Everyone by Sandals

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 10 & 14/09, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. ‡Bonus Aeroplan Miles for Sandals and Beaches are based on 2 Aeroplan members occupying the room and are awarded at a rate of 500 bonus Aeroplan Miles per member for Luxury room, 1,000 bonus Aeroplan Miles per member for Concierge suite, or 2,500 bonus Aeroplan Miles per member for Butler service suite. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ *Show dates and times are subject to availability. Show tickets must be requested by Nov. 16, 2009. Submit early for best selection of show dates and time. Nov. 30, Dec. 6, 7, 13, 14, 21, 25, 26, 27 & 28. Please note: Travel is possible on these dates but no show tickets will be available. Offer based on double occupancy. Limit 2 tickets per reservation. Some restrictions may apply. Visit aircanadavacations.com for more details. [1]Royal Caribbean International Ltd. ships' registry: The Bahamas. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

tico.ca